

THE  
FAMILY INSTRUCTOR,  
OR  
GUIDE TO HEALTH :

CONTAINING THE NAMES AND DESCRIPTION OF THE  
MOST USEFUL HERBS AND PLANTS THAT ARE  
NOW IN USE, WITH THEIR MEDICINAL  
QUALITIES ANNEXED.

ALSO,

A TREATISE

ON MANY OF THE LINGERING DISEASES TO WHICH  
MANKIND ARE SUBJECT, WITH NEW AND  
PLAIN DIRECTIONS RESPECTING THE  
MANAGEMENT OF THE SAME ;

WITH

A LARGE LIST OF RECIPES,

WHICH HAVE BEEN CAREFULLY SELECTED FROM INDIAN  
PRESCRIPTIONS, AND FROM THOSE WHO WERE  
CURED BY THE SAME AFTER EVERY  
OTHER REMEDY HAD FAILED.

DESIGNED FOR THE USE OF FAMILIES.

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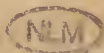
BY DR. GEORGE K. BAGLEY,  
BOTANIC PHYSICIAN.

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## PREFACE.

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IN preparing this work, I have labored more to make it useful, than to please the critic. I have endeavored to avoid technical terms as much as possible. The treatment of diseases here laid down may be relied on with confidence; it is the result of my own experience, and the experience of the most successful practitioners. It is that which I adopt for myself, my wife, and my little ones, when sick. How important, then, must it be to all to possess themselves with a book whereby they may become their own physician, or at least be able to remedy some of those lingering diseases which often elude the skill of the most learned. The writer of this little volume has seen the time when he would freely have given all he possessed to find a remedy for a complication of diseases which were fast preying on his constitution.

Reader, may a plain view of this subject find the tender avenues of your sensibility, and plead it its behalf; may the unerring fountain of wisdom guide us in the path of duty, and leave us the pleasing consolation that we shall one day meet the Great Physician above, who has left us in full possession of all that our natures require, and above all, the best advice, if we would but follow the prescription of nature instead of cherishing a theory which, nine times out of ten, is sure to bite the fingers of those who feed it.

Respected readers, these are my views on the subject, to which I have called your attention. I leave them with you.

# THE FAMILY INSTRUCTOR.

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## VIOLETS—THE BLOWS.

THESE need no description. They are of a mucilaginous nature, and good in canker, and strengthening to the stomach ; they are also good in syrups.

## DWARF ELDER—THE BERRIES.

This elder grows chiefly in pastures, and is commonly found in plenty among raspberry bushes. The stalks run up high, with several small berries on the top, resembling whortleberries. They are good for all rheumatic complaints, dropsy, and swollen limbs. Steep the berries in spirits, and take it before eating, in small doses.

## DOG ACNA.

This bush grows commonly in wet places, and is covered with a smooth, speckled bark, of light and dark green. It branches out very much like dog wood. The bark of this, made into a tea, and used as a wash, is good for canker.

## JILL GROW OVER THE GROUND.

This is a common herb, found in door yards, and by the sides of the roads. It is a small running vine, resembling low mallows, except the leaf is smaller. This taken green and pounded up, is good applied to a fresh wound, or where humors prevail. It is also the best thing known in the world to correct female irregularities.

## MARIGOLDS.

The flowers, either green or dried, made into a drink, are good for the spirits ; and a plaster made of the dry

flowers, in powder, with hog's lard, rosin and turpentine, applied to the breast, strengthens the heart in fevers, even if pestilential.

### WOOD SORREL.

This is very well known, having small leaves coming from the root, of a yellowish green color, and very sour, the juice of which will turn red when clarified; the roots are nothing but a small string. This is good for all inflammation, to quench thirst, and strengthen a weak stomach, restore a lost appetite, and stop vomiting.

### CREEPERS—THE SEEDS.

The seeds dried and made into a tea will cure the cholic, and has been known to answer this purpose, when every thing else has failed, and the disease has baffled all other medicine.

### LAVENDER.

This herb grows chiefly in gardens, and sends forth a very odoriferous smell, and is an excellent perfume. The oil of this with other things, is good to supple shrunk sinews and stiff joints, being very powerful; it is also good for cramp in the stomach.

### BLACK ALDER—THE BARK.

The bark of this well known shrub or bush is good made into syrup, for those troubled with indigestion; it is also good, in spring beers, for jaundice complaints, &c. The tags of this, made into a salve, is good to cover swellings that come of themselves.

### LOW MALLOW.

This herb is very common, growing in door-yards and round buildings, having small delicate white blossoms; it is not, however, useless, being good to cure dysentery, and is excellent in salves and ointments.

### HOPS.

The yellow dust of these, with other things, are a good preventive of all bilious fevers, makes a healthy bitter, and is a good thing in beers and syrups.

## HOARIHOUND.

This is good for strengthening the lungs; a cold tea made of the leaves, is good to prevent children from coughing nights, and to loosen phlegm in the stomach. This mixed with colt's foot is a fine thing for lung complaints. It may also be used with great success in various kinds of syrups.

## BLACK BIRCH.

This is quite a common tree, and the bark is good and strengthening. The essence is excellent to scent snuff with, giving it a healthy and grateful flavor. A tea made of this bark is good for all bowel complaints, and excellent in case of dysentery. It assists digestion, and will cure canker if applied in season.

## BITTER THISTLE.

This sort of thistle grows chiefly in gardens, and is sown once a year. Its leaves are numerous, and it has a great number of branches; its leaf is large and prickly, like the Canada thistle. The seed, which is plump with a beard on the end, is excellent for regulating the stomach and bile—no harm being sustained by its free use; or it may be pulverized when dry, and taken in molasses.

## NOBLE LIVERWORT.

This is a well known herb, usually found with the boxberry and wintergreen. Its leaves start from the ground and frequently from the stalk or vine, which always keeps close to the ground. The stalks are from two to ten inches long, with a bunch of white blossoms, although but few grow to this size. They are more commonly found with only two leaves, which are very hard and rough close to the ground. This is good in syrups for all consumptive complaints; the leaves are good for the same by chewing them and swallowing the spittle.

## THIN LEAF.

Bruise the leaves of this herb and apply them to a new wound. They are good to take out soreness and keep off humors.

## BLOOD WEED.

This grows in old fields, and by some is called horse tail, or white top. It grows about waist or shoulder high, with but one stalk from the ground. It has a very bushy top, and green or dry, is very good to stop blood.

## BAYBERRY.

This is good for all complaints of the bowels. It is likewise good for canker. It will, when used for snuff, clear the head, and frequently stop its aching. It is very pungent, and sometimes operates as an emetic.

## RATTLESNAKE PLANTAIN.

This grows in dry places, in the woods, where the leaves may be found in March, forming a kind of whirl, and lying flat on the ground. The color is green, veined with white, with a lustre like velvet; the stem to this plant rises to the height of a foot, and produces a spike of white flowers. This plant is so fond of its native woods, that it refuses domestic culture. It is used to cure the bite of a rattlesnake.

## SAGE.

It is of a sweating nature, and in many cases a good restorative. It is a safe tea in case of spotted fever, and when dried, and powdered, and taken with a little molasses, is good to turn worms, and frequently answers a good purpose in turning sickness of the stomach.

## SLIPPERY ELM.

The bark of this tree is very useful in many cases. There are two kinds of slippery elm; one has a tough, the other a brittle bark; the brittle is best. The bark, steeped in hot or cold water, is a good drink for a weak stomach, or any inward soreness. It is good for outward sores, and poultices of this will allay heat, and is good in almost all cases, being of a cooling, healing nature. It may also be used with good success in various kinds of syrups.

## CHERRY TREE BARK.

The black cherry tree is common and well known.



The bark of this tree dried and powdered, with other things, is good to turn worms. Made into a drink, it is good for rheumatism. The cherries, dried and pounded fine, are a good remedy for the cholic.

### KING'S EVIL WEED.

This grows wild, in the shade, and under old timber. It is a beautiful plant, much like plantain, only the leaves are smaller, and spotted green or white. When it goes to seed, there comes up a stalk in the centre of the plant, which grows to the height of six or eight inches. The seed is in a small round bud on top of the stalk. The branch and root of this, pounded fine, and made into a poultice, are good for the disease of the same name, and used in different ways will often effect a cure.

### SPIKENARD.

This is good for the asthma, and useful in all kinds of syrup, being very strengthening to the stomach. It is good in a poultice, is of a cleansing nature, and one of the best things in the world for inward sores or ulcers. Mixed with other things, it is good for all sorts of weakness, inward pains, coughs, pain in the side, stomach, and breast, and all bilious complaints.

### INDIAN MILKWEED, OR BITTER ROOT.

This is a very valuable vegetable, very much resembling buckwheat; the stalk is of a reddish color, and sends out a number of branches, on which are blossoms similar to those on buckwheat. It grows in old hedges and on wet land, and has small, long pods resembling the turnip seed pods, which contain a kind of silky substance. Its roots spread around under ground to a considerable distance, from which there are a great number of stalks which grow up from different parts of the root, from one to two feet high. There are two kinds, or rather they grow in different places; one kind grows by the sides of rivers, and the roots run deep in the sand, but the medicinal virtues are much the same; this is all that is made use of for medicine, and may be used for a number of diseases; it is very bitter, and somewhat physicing, and is therefore an excellent medicine for those persons who are troubled with costive-



ness. When steeped strong, if drank freely of, it will sometimes operate as an emetic.

### BALM OF GILEAD.

The oil from the buds is one of the best remedies for healing a new cut that is known; it is also good for strains. The buds bruised and put in spirits are good for bathing sores; and the small twigs bruised and steeped in warm water, are good for those persons who think they are troubled with too much bile; but they are deficient in quality or quantity, and need something to assist it; and as these twigs are bitter and somewhat physical, they may be used with good success in such cases.

### VIRGINIA SNAKEROOT.

This plants blossoms but seldom—is found in shady woods from New England to Florida, and was first introduced as a remedy for a snake bite, from whence it derives its name. It is a powerful stimulant, produces perspiration, and from its gentle tonic properties it is used when more bracing articles will not do. Quantity—from ten to twenty grains,—say what may be taken upon half an inch of the handle of a tea spoon.

### BARBERRY.

It operates against putrefaction, sores, &c.—cooling. The berries and bark from the root with the barberry bark put into cider is good for jaundice; it is also good in bilious fever.

### CELANDINE.

The juice will cure warts, ring-worms, and cleanse old ulcers. Good in jaundice, when steeped in water, and added to vinegar and peppermint tea. It is also good for piles and salt rheum.

### WHITE SOLOMON'S SEAL.

This is good for female weakness; it may be taken in tea. The quantity is left to the discretion of the patient. When applied externally, as a poultice, it is good for inflammation and the piles.

## HYSSOP.

Hyssop is cultivated in our gardens, and is very useful in producing expectoration or discharge of mucus from the lungs—good in catarrhs, especially in old people, and those of debilitated habits of body,—useful as a gargle in sore throat. Make a tea and drink at discretion.

## MANDRAKE.

The mandrake is found growing throughout the United States. It is a sure and certain cathartic;—we have hardly any native plant which answers better the common purpose of jalap, aloes, and rhubarb, and which is more mild and soft in its operation. If given in too large doses, it often produces vomiting, as well as purging. When given in small doses, and repeated once in two or three hours, it is said to produce an influence on every part of the system, touching every gland. It is also good to expel worms. Take mandrake, cream of tartar and spearmint, pulverized, equal parts—one teaspoonful is a dose. A small teaspoonful is a dose of the mandrake alone.

## SENECA SNAKE ROOT.

It is recommended as a cure for the bite of a rattlesnake, and is also good in asthma, cough and catarrh. Half an even teaspoonful is sufficient for a dose of the powder.

## BLACKBERRY.

The dewberry is the kind of blackberry that runs on the ground. A syrup of the roots is a celebrated remedy for bowel complaints, particularly of children; also for diarrhœa, dysentery, and cholera infantum. The different species of blackberry referred to possess nearly the same medical properties; they are all astringents. The root must be boiled a long time in order to get out the strength; after the strength is out, boil in a little milk, and sweeten it, and let the patient drink at liberty.

## STRAWBERRY—THE LEAVES.

The leaves steeped in boiling water, and drank freely of, are good for inward fevers, and weak nerves.

### THOROUGHWORT.

This is of a sweating nature, and may be made into a strong tea, of which drink freely on going to bed. If you have a bad cold, you may generally get rid of it in this way, by being a little careful the following day. The blows of this herb, if taken freely, will operate as an emetic. The leaves, powdered fine, and mixed with molasses, is a gentle purge, and good to create an appetite. It may also be steeped, and drank cold, to correct the bile.

### DANDELION.

This herb, root and branch, should be taken, steeped in pure water a sufficient length of time to get out the strength; then strain the liquor from the herb, and continue to simmer the whole till quite thick. This is one of the finest medicines known for bilious complaints, and it can easily be made into pills. Those who have long been habituated to swallowing a pill or two every night, will find them as healthy a kind as they can use.

### MULLEIN.

The leaves, steeped in vinegar, are made use of for a lame side, or inward soreness, and if applied warm for a length of time, are most certain to effect a cure. The centre leaves, steeped in milk, and sweetened with sugar, are an excellent remedy for the dysentery, especially for children. It is good steeped with strawberry leaves, and cleavers, for kidney complaints, and obstruction of the urine.

### SWEET SICILY.

This is one of the best herbs known in a syrup for a cough, it being of a loosening nature.

### MOUSE EAR, OR PUDDLE WEED.

This is one of the best articles now known for the dysentery. To prepare it for use, boil a small handful of the herbs in a pint of milk and water; sweeten it with a little loaf sugar, and use it freely for drink.

### SASSAFRAS.

This is very useful as a medicine in several com-

plaints. The root mixed with other things is a good ingredient in curing inward ulcers and sores. It is good for dropsy and rheumatism.

### YELLOW DOCK.

This has a short, wide leaf, and is about the height of other docks; it is sometimes found near brooks, and old buildings. It has a yellow root, which, simmered with cream, is good to cure the itch.

### PLANTAIN.

This is good to cure poison caused by ivy, dogwood, and the like, and is also very useful in syrups, and will drive away humors.

### HEART'S EASE.

This herb grows in rich soils, round barn-yards and fences, and is very useful. It is good to cure the gravel. A strong tea made of it strengthens the nerves, has a tendency to thin the blood, and mixed with other ingredients, is a cure for palpitation of the heart.

### NETTLE ROOT.

This is very good for the nose bleed, and, if applied often, will sometimes effect a cure.

### WHITE PINE.

The bark of this tree, after the ross is off, made into a tea, is very strengthening to the stomach, and is a good remedy for dysentery. Pills made of this, are good to stop bleeding at the stomach. It is very healing, and has been used with great success. It is a safe and harmless medicine.

### GARGET.

This is a common plant, and grows in many places by the road side, and has berries of a deep purple color. These used outwardly are a good thing for the rheumatism.

### INDIAN HEMP, OR WATER NERVE ROOT.

This is a species of silk weed, and is believed to be one of the best remedies for palpitation of the heart.

I have found it of great service in this complaint. It is a powerful nervine, very good in old standing nervous complaints of women. Give an even teaspoonful of the powdered root in molasses, three times a day. In this difficulty I consider it almost an infallible remedy.

### BORAGE

Makes a cooling drink in cases of internal inflammation—produces gentle moisture without heating the body. It is sometimes used in rheumatism and diseases of the skin.

### WINTERGREEN.

The oil is good in toothache, and is also good in syrups to purify the blood. The Indians, it is said, make great use of it as a stimulant restorative cordial. The oil is used to disguise many popular panaceas.

### ICELAND MOSS

Is bracing and nourishing—very good in coughs and lung complaints.

### CLEAVERS.

This is one of the most valuable diuretics that our country produces. I have found it an excellent and speedy medicine in all suppressions of the urine and gravel complaints, and is a powerful discutient. It is also beneficial in the cure of spitting of blood. The expressed juice of this plant, mixed with oatmeal to the consistence of a poultice, and placed cold over an indolent tumor, three times a day, keeping the bowels open in the meantime with castor oil, and taking a table spoonful of the juice every morning, will often disperse it in a few days. Infusions of this herb should always be made in cold water—heat destroys its virtues. Three or four ounces of the dried herb to a quart of water, is sufficient, and should be drank as a daily drink. It is an admirable remedy in gravel disorders, often curing them entirely alone. It seems to possess a solvent power over the stone, or gravel, crumbling it into a sandy substance, so that it is discharged without difficulty. When urinary obstructions proceed from a collection of a cold, slimy, or muddy substance in kidneys or bladder, this effectually clears it out in all cases.

## WORMWOOD.

This herb pounded with spirits is good to put on bruises; also, united with double tansy and hops pounded together, and wet with spirits or vinegar, is excellent to apply to any external inflammation, or a pain in the side. A strong tea of this herb is almost an infallible remedy against the cholera morbus; it may be drank at liberty.

## SCULLCAP.

This is a tonic, nervine and anti-spasmodic. It is remarkably efficacious in chorea, or St. Vitus' dance; an infusion is a remedy for this disease.

## CEDAR.

This is useful in rheumatism and suppression of the menses; the oil is useful to bathe the parts for rheumatism; and combined with the oil of spearmint is useful in the gravel, diseases of the kidneys, and scalding of the urine.

## GUM ARABIC.

This is nutritive, and sheathing to inflamed or irritated parts; it is good therefore to prevent bleeding in dysentery, hoarseness, whooping-cough, and the suppression of urine attended with pain. Take a handful of English holly, gum arabic—(a piece as large as a walnut,) with a little slippery elm; pour a pint of boiling water upon it, steep it, and sweeten with loaf sugar. This is excellent where the patient has not much appetite, and could not bear solid food. It will be found very serviceable to keep up the strength of the patient.

## FIR BALSAM.

This is very good for sore nipples, fluor albus, fresh wounds, and weakness of the stomach. Dose—from twenty to thirty drops. It may be taken internally on loaf sugar.

## WILD CHERRY.

The bark of this, taken in small doses, is considered a tonic, invigorating the whole system. In nervous debility it has a tendency to allay the irritability, and also a debilitated state of the stomach. Good in hectic fever and consumption.



## HEMLOCK.

A decoction of the bark of the hemlock is a powerful astringent—that is, contracting the fibres of the body. It is good therefore to bathe parts in case of falling of the bowels and womb, and weak joints. In these cases there should be added one third part of the best French brandy. The oil is said to produce perspiration by bathing the bottoms of the feet. The gum makes an excellent plaster for a weak back.

## BLOOD ROOT.

It is found growing in low land among rocks, and is used externally in cleansing ulcers and removing fungus flesh. It is very good to increase the discharge of mucus from the lungs and trachea or windpipe. It is therefore good in coughs and croup. It is emetic, and produces perspiration, and menstrual discharge; it is highly recommended in the influenza, whooping-cough and phthisic. In bilious diseases it is very good; also in catarrh, by using it as a snuff. Dose for an emetic—from ten to twenty grains.

## BITTERSWEET ROOT BARK.

Found in rich lands, growing on loose, rocky soil.—The bark of the root simmered in hog's lard makes an excellent ointment for diseases of the skin, as well as for sores. A strong decoction may be applied to the skin whilst the same may be taken internally, in quantity of from one to two fluid ounces, four times a day, and gradually increase till it produces some pain in the head. It is very good in the chronic rheumatism, and the liver complaint. Dose of the powders—from a half to a whole drachm.

## MUSTARD—THE SEED.

Mustard is a very valuable medicine as a stimulant. A great spoonful of the seeds taken with molasses, will cure the cholic, and give tone to the stomach; and it is also a good remedy for the dyspepsia. The bruised seeds, in the dose of a large teaspoonful, acts as an emetic; it facilitates the action of other emetics; and it has been used in cases of dropsy. I find mustard very serviceable in all cases where a blister is neces-

sary. Take rye meal, mix it with vinegar, cover the surface of the poultice with pulverized mustard, and apply it. There is not the danger from mustard poultices that there is from common blisters. This poultice is very useful in allaying pain in the side—when applied to the feet, is good against spasms. A teaspoonful of the powdered mustard with water will expel poison from the stomach very promptly. The properties of the black and white mustard are nearly the same.

### BUTTERNUT

Is a mild cathartic or physic, operating without pain or irritation, and resembling rhubarb; it is good in habitual costiveness. The extract should be made from the bark in May and June. Extract in doses of from fifteen to thirty grains.

### SKUNK CABBAGE.

This is one of the most valuable native plants. It allays spasms, irritation, and promotes sleep. It purifies the blood, is an excellent expectorant, or promotes discharge from the lungs, and is good in coughs. It loses much of its strength by age. For a syrup it requires long boiling.

### ELECAMPANE.

This is considered valuable in suppression of the menses, diseases of the chest, and general debility arising from weakness in the digestive organs; it is also useful in dropsy. One ounce or two of the decoction may be taken at a time. It is used much in coughs and pulmonary affections.

### SNAKE'S HEAD, OR BROOK ALOES.

This is a very singular looking weed, growing on wet ground by the side of brooks, and oftentimes large quantities together. It grows from three to four feet high. The leaf is about the size of thoroughwort, and very bitter; it has a number of white blows, nearly resembling a snake's head. This makes an excellent bitter, and for those who are fond of physic, will answer an agreeable purpose.

## TANSY.

This grows common everywhere, and is good for bruises when pounded with a little spirits; also for hysterics, weak veins, strangury, and obstruction of the urine.

## SUMACH.

The bark of the root and the berries make an agreeable, cooling drink. It is good to cure canker; also to wash the mouth and gargle the throat in ulceration of the throat and mouth. A strong tea, made of the berries or bark of the root, is excellent in cough; either the common or whooping cough. Add one-third molasses, taking care that the molasses is of a good quality.

## BLESSED THISTLE.

A tea of this taken cold is good in a weak debilitated state of the stomach. A strong infusion of it taken in bed produces copious perspiration, and still stronger, and taken in larger quantities, produces vomiting, and assists the operation of emetics.

## PRICKLY ASH.

The bark and berries of the prickly ash are stimulant, tonic and energetic. It has been highly esteemed as a remedy for the chronic rheumatism, and celebrated as a cure for toothache. It is a common ingredient in bitters, and possesses somewhat the properties of guaiacum. The dose to be taken is from ten grains to half a drachm, to be repeated three or four times a day.

## SPLEEN WORT or ROCK POLYPOD.

This is found growing in the fissures of rocks, and is of the brake kind. It is good in coughs and pulmonary complaints. It allays pain in the urinary passages, and gently carries off sand and gravel in the meantime, for which purpose an infusion may be drank as a tea.

## GARDEN LETTUCE.

The leaves are emollient, cooling and anodyne. Used as a salad, it mitigates the heat of the stomach, liver, and other viscera, relaxing their crisped and too greatly oscillating fibres, and restoring their functions so as to procure sleep.

### BROOK LIVERWORT.

This is a species of moss, growing in small rivulets. It is good in consumption, whooping and common coughs, and affection of the liver.

### LOBELIA.

This is a safe emetic and cathartic. It cures the phthisic, and is good in canker.

### SNAKE ROOT.

It is one of the most potent of vegetables, and is stimulant, stomachic, deobstruent and attenuant. It is good for internal weakness.

### SOAP.

The best hard soap is stimulant, cathartic, and deobstruent. The black soap, particularly, is good for the itch, and other cutaneous eruptions.

### MASTERWORT.

This is a great carminative, and anti-hysteric. It is an excellent medicine in bilious and flatulent cholics. It is useful in hysterics and nervous complaints.

### MAY WEED.

This herb is found growing in the highways. Infusions of the herb have been given in recent cold, to promote sweat.

### MELILOT.

This plant is an emollient. An ointment may be made by simmering this herb in fresh butter, or lard, which is of great use in foul ulcers and old sores.

### MOTHERWORT.

Infusions of the leaves and tops open obstructions, relax the belly, promote insensible perspiration, urine and menses.

### SARSAPARILLA.

It is alterative in its properties—that is, it produces a change favorable to health without any perceptible evacuations. It is much used in syrup for alterative

purposes. The common sarsaparilla, instead of the Spanish, answers the purpose well.

### CURFREY.

This is a native of Europe, but cultivated in this country. It is of a mucilaginous nature, well adapted to allay irritations; is good in dysentery, diarrhœa and consumptive complaints, and excellent in coughs.

### POPLAR.

The bark of the black, red and white poplar is astringent and anti-scorbutic. It cures pleuritic pains in the side; and is good in scrofulous complaints, and makes a healing salve.

### HORSE RADISH

Is highly stimulant, promotes secretion of urine, and is used in dropsy and general debility of the system. It promotes appetite, and invigorates digestion, and is principally used with food. It is also useful in hoarseness when made into a syrup, sweetened with sugar.

### YARROW.

It is cooling, astringent and styptic. It is good in hemorrhages, dysentery and diarrhœas, and if used as a constant drink for three days, it prevents the nose-bleed for a year.

### BLACK WALNUT.

A gill of the ashes of the bark of walnut steeped in cider, and a gill of the liquor drank in the morning, fasting, is good in the jaundice.

### TURNEP.

The French turnep is diuretic, expectorant, and discutient. The juice, sweetened with honey or sugar, is good for coughs and disorders of the breast. Cataplasms of the grated root discuss dropsical swellings. The English turneps have the same virtues, but are weaker.

### WHITE OAK.

The bark of this tree is a powerful styptic and astringent. It is good in fluor albus, dysentery and

bloody flux, and a powder of the bark is excellent for open cancers.

### RED OAK.

The following has been recommended as a cure for a cancer :—Boil the ashes of a bushel of red oak bark in three gallons of water, till two-thirds are evaporated. Strain the liquor and boil it again to the consistence of cream; spread some of it on lint and apply it to the cancerous sore. Renew the plaster every two hours. From four to twelve plasters generally destroy the roots of the cancer, and work a complete cure.

### ONION.

This is good in gravel, strangury and scurvy—and applied to the soles of the feet, makes a revulsion from the head. The expressed juice of one onion, once in three hours, is the proper dose.

### MILK WEED.

There is a variety of weeds of this name; but the common tall kind is used as a medicine. The juice of this is excellent in canker, and is said to cure warts.

### SUMMER SAVORY.

This warms the habit, promotes urine and the menses, helps colds, stomach, and asthma, by promoting an expectoration of thick viscid matter, which stuffs up the lungs.

### LIVERWORT.

This may be used in fevers, liver complaints, bleeding of the lungs, and has been a popular remedy in chronic coughs, or coughs of long continuance.

### PLEURISY ROOT.

This promotes moderate perspiration, assists in discharging the mucus from the lungs, increases urinary discharge; laxative, allays pain, and removes wind; anti-spasmodic, or against spasms. Its action is specifically upon the lungs, to assist suppressed expectoration, and to relieve difficult breathing of patients laboring under pleurisy.



## ELDER.

The root, bark of the stalks, flowers and berries possess medical properties. The flowers are good to cure the scurvy, taken in strong tea; they are good also in bowel complaints. It is gently laxative, and tends to purify the blood.

## WAKEROBIN.

This root has the power of contracting the fibres, or is bracing; good against diseases of the lungs and chest, and spasms. This is employed in cases of bleeding of the kidneys or bladder, in bloody urine, in excessive menstrual evacuation, in spitting of blood, and hectic fever cough.

## PINK ROOT.

Carolina pink stands high as a cure for worms. A knowledge of its properties as a vermifuge is very useful, it being used in this country more than any other article to destroy worms. It may be given in powder from one to two teaspoonsful, two or three times a day, after which give a brisk cathartic.

## SENNA.

Alexandria senna was first used as a medicine by the Arabians. It is a safe, prompt and serviceable cathartic; suitable for febrile or feverish diseases; united with aromatic herbs, it does not produce griping. Dose—from half a drachm to a heaping teaspoonful. I do not use it in its simple state.

## LIFE EVERLASTING.

This plant inhabits dry pastures and neglected fields, and rises to the height of one or two feet. The stem is thickly branched toward the top, and covered with a whitish down. The leaves are long, narrow, acute, waved or irregular along the margin, green above, and woolly beneath. The flowers are of a dull, white color, and grow in thick, terminal clusters, making their appearance in July or August. The herb has a pleasant odor, and aromatic smell, and is slightly tart. The infusion taken in warm draughts produces perspiration, and is useful in colds, fevers and influenza. It is employed also in fluor albus and consumption. The

leaves and blossoms are good as a fomentation in quinsy, and other forms of sore throat.

### WATER CRESS.

This herb is acrid, aperient and cooling, and is good in fevers and other febrile complaints.

### PEACH TREES.

The flowers are mildly laxative, and a great anthelmintic. The leaves are stronger than the flowers, and the fruit is cooling and laxative. An infusion of the leaves and flowers is given to children to purge the belly and destroy worms.

### QUEEN OF THE MEADOW.

This is a tall plant, with smooth, brittle, reddish stalks, on which are clusters of white flowers, followed by crooked seeds set in a roundish head. The plant is good for gravel, stranguary and uterine complaints.

### SUN FLOWER.

The seeds are stimulant and diuretic, and likewise emenagogic. They are good in coughs and defusions of the lungs.

### GOLDEN SEAL.

This has a pleasantly bitter and somewhat pungent taste, and is highly esteemed as a tonic and laxative.—It keeps the bowels open without acting as a purgative, or reducing the strength of the patient. It is an excellent medicine in dyspepsia, loss of appetite, general debility, and affections of the liver. The powder mixed with an equal quantity of pulverized loaf sugar, and dry, will often afford relief in faintness of the stomach, and languor or debility of the general system.

### GINSENG.

It strengthens a weak stomach, promotes appetite, and gives tone and vigor to the whole system. It may be used to advantage in nervous affections.

### MOUNTAIN CRANBERRY

Produces urinary evacuation, and is useful as a tea for bleeding at the lungs.

### LOVAGE

Grows wild in the south of Europe, and is cultivated in our gardens. It possesses much the same properties as angelica. A tea is used to expel urine and pain, especially in children. It promotes menstrual discharge and sweat.

### VERVAIN.

A syrup made very strong of the roots of this plant is good in intermittents, scrofula, gravel, coughs, and will expel worms, &c.

### UVA URSI.

It is tonic and astringent, and is good in diseases of the kidneys and the bladder, gleet, &c.

### MUGWORT.

The seeds of this plant have been celebrated for their efficacy in expelling worms. The dose is from ten to twenty grains given every night and morning for a number of days, and then followed by a brisk physic.

### GOLDEN ROD

Is gently laxative, the flowers being used in removing obstructions in the urinary organs.

### ICE PLANT.

The root of this plant is esteemed almost an infallible remedy for fits in children. The juice diluted in water is said to be very efficacious in sore eyes. For fits, half a teaspoonsful of the powder is recommended in tea.

### WHORTLEBERRY

Is good in suppression of urine, and is said to afford immediate relief in gravel.

# LIST OF COMPOUNDS

## AND RECIPES.

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**COMPOSITION.**—Take of bayberry one pound, ginger one-half pound, cayenne one ounce, cloves one ounce, —all pulverized. Mix thoroughly, and sift. If the stomach is very much disordered, it will operate as an emetic ; but after the organ is cleansed it will have no such effect, nor even occasion nausea. A strong tea of composition is very convenient and serviceable as an injection to evacuate the bowels, particularly in the treatment of children. *Dose*—for an adult, a moderately heaped teaspoonful of the powder, and one of sugar, and add a teacupful of boiling water ; drink the tea when sufficiently cool.

**PHYSICAL POWDERS.**—Take jalap, one part ; peppermint or spearmint plant, pulverized, one part ; and senna, two parts ;—unite them thoroughly. This physic operates very easily, and is pleasant to the taste—children will take without any trouble. I have found it to be very efficacious in common cases, where a cathartic is indicated. *Dose*—a teaspoonful.

**BILIOUS PILLS.**—Take common bar or Castile soap, two parts ; aloes, one part ; pulverize them well together in a mortar or with a knife. *Dose*—six or eight, the common size. This is a valuable pill ; it will immediately remove any burden or oppression at the stomach, particularly after eating. To operate as an alterative to cleanse the blood, take one at a time for three mornings, and miss three, and so on.

**ANTI-DYSPEPTIC PILLS** are made of equal parts of aloes, Castile soap, colocynth, gamboge, and extract of gentian. *Dose*—one or two, morning and evening.

**HYGEAN PILLS.**—These pills operate very similar to the celebrated "Morrison's Hygean Pills." Take Castile or common bar soap, one part; gamboge, colocynth and aloes, each one part; mix. Three or four the size of a pea is a dose, taken on going to bed.

**HOT DROPS** are made by adding three ounces of pulverized gum myrrh and one ounce of African cayenne to one quart of alcohol, brandy, or cherry spirits. They may be taken from a teaspoonful to a great spoonful at a time, in water, sweetened with molasses or sugar. They are useful in colds, coughs, pains in the stomach and bowels, as an external application; they are invaluable for rheumatism, pains or inflammation of any kind, headache, toothache, cramp, cold feet, &c. For bathing, omit the gum, and add one ounce more of cayenne to the quart.

**TINCTURE OF LOBELIA.**—Take of the pulverized leaves, half a pound; water and spirits, equal parts, a quart. Infuse for ten days in a closely stopped bottle, and strain. Prepared merely for the purpose of an emetic, no more spirits need be used than is sufficient to preserve it, for lobelia yields its properties to water as readily as to alcohol.

**TINCTURE OF MYRRH.**—Take of myrrh, powdered, an ounce and a quarter; alcohol a pint. Infuse for ten days or a fortnight, and strain. This is applied to fresh wounds, and indolent or offensive ulcers.

**COUGH BALSAM.**—Take of fir balsam, an ounce; honey, two ounces; alcohol, a pint. Let these stand in a closely corked bottle for three days, shaking frequently, and when the honey is entirely dissolved, add a pint of the tincture of lobelia. This is a most excellent cough preparation, and may be given in doses of a teaspoonful, three or four times a day. It is beneficial also in asthma, pain in the breast, difficulty in breathing, croup, gravel, gleet, gonorrhœa, fluor albus, sore throat, whooping cough, and nervous complaints.

**PULMONARY BALSAM.**—Take elecampane, blood root, comfrey, spikenard and hoarhound, each one ounce;

add a sufficient quantity of water, and boil until the strength is extracted; then strain and boil down to one quart, and add two pounds of brown sugar. Heat this until the sugar is dissolved—settle and bottle for use. *Dose*—one teaspoonful, three or four times a day.

**CORRECTOR.**—Take equal parts of rhubarb, saleratus, peppermint, and cinnamon, of each a teaspoonful; add half a pint of hot water, and enough loaf sugar to sweeten; when cool, if convenient, add two great spoonsful of brandy; of this, give from one to three great spoonsful every hour, until the passages are changed in appearance and consistence. This is good in dysentery and bowel complaints; and indeed, I have proved its utility myself.

**POULTICE TO DISCUSS INDOLENT TUMORS.**—Take slippery elm and Indian meal, equal parts, mix with weak lye, in which dissolve a little salt.

**EXPECTORANT TINCTURE.**—Take one part of blood root, one of lobelia, three of skunk cabbage, two of pleurisy root; pulverize, and add to spirits. *Dose*—from one teaspoonful to a table spoonful. Good against coughs and lung complaints.

**SUDORIFIC DROPS.**—Take ipecacuanha, saffron, Virginia snake root, and opium—two ounces of each; Holland gin or Jamaica spirits, three quarts; let it stand two weeks. *Dose*—one teaspoonful given in a teacupful of catnip tea every hour, until it produces perspiration.

**ESSENCES.**—Add an ounce of oil to one pint of alcohol, either peppermint or hemlock, or whatever kind of essence you wish to make. An ounce of oil to a pint of alcohol is about a right proportion. A teaspoonful of the essence is a common dose.

**LINIMENT FOR BRUISES.**—Mix equal parts of spirits of ammonia, sweet oil, and spirits of turpentine. It should be thoroughly shook up before bathing.

**ANOTHER.**—Take of candia soap, cut or scraped into shreds, three ounces; camphor, an ounce and a half;



tincture of cayenne, half a pint; alcohol, two quarts. Infuse in a closely stopped bottle for a week, shaking it two or three times a day. This liniment is superior to any other with which I am acquainted, for bathing sprains, bruises, rheumatic joints, and parts that are the seat of pain. It is equally beneficial for numbness.

**FOR THE TOOTHACHE.**—If the tooth be hollow, put in as much blue vitriol as the tooth will hold—this kills the marrow.

**PILE OINTMENT.**—Take of the excrescences which form upon the leaves of the sumach, very finely powdered, an ounce; fresh lard, six ounces. Blend them together thoroughly. This is beneficial in piles, and often affords relief. It may be confined to the parts by means of a bandage, and a piece of lint, or folded rag. Instead of the excrescences mentioned above, an equal quantity of the root of marsh rosemary, reduced to a fine powder, may be substituted, but it is not quite as efficient.

**HEALING SALVE.**—Take of Venice turpentine, beeswax, and fresh lard, each a pound; fir balsam, three quarters of a pound; tincture of myrrh, four ounces. Melt the solid articles—simmer slowly ten or fifteen minutes, and strain. This salve is applied to wounds and sores after they have been cleansed by poultices or otherwise, and the inflammation subdued.

**GREEN SALVE.**—Take of Venice turpentine and bayberry wax, each half a pound. Melt, and add sweet oil to render the salve of a proper consistence.—This is an excellent application to scrofulous ulcers.

**COMMON SALVE.**—Take of Venice turpentine, beeswax, and mutton tallow, equal parts, the yolk of an egg, and a small portion of honey. Melt. This salve is applied to fresh wounds. It excludes the air, and favors the healing process.

**ADHESIVE AND STRENGTHENING PLASTER.**—Take a pound and a half of rosin, two ounces of hemlock gum, beeswax, and fresh lard. Melt, and add half a gill of brandy, and a quarter of an ounce each of sweet oil,

sassafras oil, and camphor. When the different articles are thoroughly incorporated, pour them into a vessel of cold water, and then work them with the hands, as the shoemaker works his wax. The proportion of rosin requires to be increased in the summer, and diminished in the winter. This compound, spread on soft leather, is applied to a weak back, or any other part of the body which is in a state of debility. The relief which follows its application, is no doubt owing to the mechanical support which it affords to the muscles. It is also an adhesive plaster to confine the lips or edges of wounds together.

**CANCER PLASTER.**—Take red clover blossoms, any desirable quantity, and water sufficient to cover them; boil gently until the strength of the blossoms is extracted, which will be in about an hour; strain through a coarse cloth, using pressure sufficient to force out all the liquid; pour this into some convenient vessel, and place it in a kettle of water over the fire; boil until the liquor is of the consistence of tar. This plaster is spread on a piece of linen, or soft leather, and applied to open or running cancers, and ill-conditioned sores of every kind. In connection with a peculiar soothing property which it imparts to an inflamed, irritable sore, it proves an efficacious detergent, and promotes a healthful granulation.

**HEADACHE SNUFF.**—Take finely powdered bayberry and scent it with oil of spicy wintergreen, or golden rod. This is useful in headache and colds. It has been employed beneficially in polypus of the nose, but is not so efficient as the powdered blood root.

**CATARRH SNUFF.**—Take ten parts of blood root, five of skunk cabbage, two of lobelia, three of snake root, six of the flour of slippery elm, and half a part of cayenne. All these should be made fine, well mixed, and run through a sieve. This has been found very efficacious in catarrh and diseases in the head. *Dose*—a pinch taken several times a day.

**DYSPEPTIC BITTERS.**—Take three ounces of golden seal, two ounces of bitter root, four ounces of poplar bark, and four ounces of peachmeats; add two quarts

of gin, and two quarts of water. Good in dyspepsia, weakness of the stomach, &c. If taken after eating, it will prevent the food from producing distress. *Dose*—two-thirds of a wineglassful before eating.

**ALTERATIVE SYRUP.**—Take three pounds of sarsaparilla, either the common or imported—the Spanish is the best, but either will answer;—two pounds of guaiacum shavings—(they may be obtained at the pump and block makers; the borings of guaiacum is preferable to the saw-dust)—sassafras root, half a pound, elder flowers, one pound. Boil all these together for three hours, then turn off the liquor, and fill up again with water; boil again for the same length of time; put it together, and boil down to ten or twelve quarts, or thereabouts. Add eight pounds of loaf sugar or clarified brown sugar. This syrup is good in venereal diseases, rheumatism, chronic inflammation of the liver, scrofula in all its different shapes, ulcers, cutaneous diseases, white swellings, and rickets. In salt rheum I have found it very effectual. If this syrup is made where it is warm, it will be necessary to add about one quart of alcohol, in order to prevent it from souring. *Dose*—two-thirds of a wine glass three times a day.

**COUGH POWDERS.**—Take lobelia, one teaspoonful; flour of slippery elm, two; skunk cabbage, six; blood root, one; cayenne, one; wakerobin, three; elecampane, three; bitter root, two; mix all together, and pass the mass through a seive. *Dose*—From half to a teaspoonful two or three times a day.

**WINE BITTERS.**—Take of poplar bark, six pounds; golden seal, two pounds; balmony or snake's head, two pounds; scullcap, one pound; unicorn, one pound; cayenne, three-quarters of a pound. The balmony or snake's head and scullcap may be used in the crude state, but the other articles should be reduced to a coarse powder. Put these materials into some convenient vessel, add four gallons of water, and boil gently for half an hour, or until the liquid is reduced to about three gallons, keeping the vessel in the meantime closely covered; strain through a coarse cloth, add twenty pounds of sugar, and boil again until the scum ceases to rise, which will be in about five minutes. This done, strain the liquid a second time through a cloth or seive,

and when nearly cold, add the infusion of half a pound of pulverized prickly ash berries, and a pound of cinnamon, prepared by steeping them in a close vessel, together with twelve gallons Malaga wine. The preparation is an agreeable restorative cordial, and is useful in dyspepsia, loss of appetite, faintness, sinking of the stomach, heartburn, flatulency, drowsiness, headache, and all diseases dependent on a deranged condition of the digestive organs. *Dose*—a wineglassful, more or less according to circumstances.

**WINE.**—Take one pound of best box raisins, and put them in a jar with one quart of boiling water, covering them so that the steam may not escape; let the mixture stand until it gets cool, strain the liquor thro' a cloth, and add one pound of loaf sugar, and you have a good wine without alcohol.

**TAR WATER FOR THE PILES AND FOR AGED PERSONS.**—To one quart of tar add four of water; stir it and let it stand a while, and pour off and drink a tea-cupful three times a day before eating.

**ANTI-SPASMODIC TINCTURE.**—Take of pulverized lobelia seeds, one pound; cayenne and scullcap, each a quarter of a pound; rheumatic drops, prepared with fourth proof brandy, or strong cherry spirits, one gallon. Infuse for a week or more, in a closely stopped vessel, shaking it two or three times a day. The liquid only is to be used, and not the dregs, as is the common practice; the latter have no strength, and of course, should not be introduced into the stomach. This is an invaluable preparation and is used in violent or critical cases of disease, such as lock jaw, epilepsy, convulsions, croup, delirium tremens, fainting, hysterical attacks, apoplexy, poisoning, hydrophobia, and suspended animation.

**LAXATIVE PILLS.**—Take of powder of cinnamon, ten grains; aloes, in fine powder, and Castile soap, each one drachm; beat them together in a mortar, adding a drop or two of syrup or molasses. Make into 32 pills. *Dose*—for grown persons, two at bed time.

**CHOLIC PILLS.**—Take cinnamon, cloves, myrrh, saf-

iron, ginger, Castile soap, of each one drachm; aloes, one ounce; essence of peppermint, sufficient to moisten it. Make common sized pills and take them till they operate.

**PILLS TO PREVENT COSTIVENESS.**—Take rhubarb, one part; cream tartar, three parts; mix and take a teaspoonful in molasses occasionally.

**STRENGTHENING PILLS.**—Take of subcarbonate of iron, two drachms; ipecac, in powder, one scruple; extract of gentian, two scruples; aloes, powdered, eight grains; simple syrup or mucilage enough to form a mass; make it into forty pills. Take two or three twice or thrice a day.

**TINCTURE OF BARK.**—Take Peruvian bark, in powder, two ounces; orange peel, dried, half an ounce; Virginia snake root, bruised, three drachms; saffron, one drachm; proof spirits (rum,) two pounds; steep fourteen days and strain. Good preparation of the bark, taken a teaspoonful to a glass of wine before eating, as a bitter, is useful in low fevers.

**LAUDANUM.**—Take of opium, two ounces; diluted alcohol, one quart; let it stand six days. This is an elegant opiate, but separates by keeping.

**LINSEED MEAL POULTICE.**—Scald your basin by pouring a little hot water into it; put a small quantity of finely ground linseed meal into the basin; pour a little hot water on it, and stir it round briskly until you have well incorporated it; add a little more meal and a little more water, then stir it again. Do not let any lumps remain in the basin, but stir the poultice well, and do not be sparing of your trouble.

**MUSTARD POULTICE.**—Take each of mustard seed and linseed, in powder, half a pound; hot vinegar, a sufficient quantity; mix them to the consistency of a poultice, and it will be fit for use.

**YEAST POULTICE.**—Take of flour, one pound; yeast, of beer, half a pint; mix, and expose the mixture to a gentle heat, until it begins to swell, when it is fit for use.



**SYRUP OF GINGER.**—Take the best ginger, three ounces; boiling water, two quarts; double refined sugar, seven and a half pounds. Steep the ginger in the water, in a close vessel, for twenty-four hours, then to the strained liquor add the best sugar, so as to make a syrup. This is an agreeable and moderate aromatic syrup, impregnated with the flavor and virtues of the ginger.

**SYRUP OF LEMON.**—Take of the juice of lemons, (suffered to stand till the sediment falls, then strain off the liquor,) three parts; double refined sugar, five parts; dissolve the sugar in the juice till it forms a syrup. In the same way is prepared syrup of mulberry juice, syrup of raspberry juice, and syrup of black currant juice. All these are pleasant, cooling syrups, quenching thirst; and may be used in gargles for sore mouths.

**VOLATILE LINIMENT.**—Take spirits of hartshorn, one part; sweet oil, or fresh butter, two parts; mix and shake in a phial. A little laudanum or camphor may be added.

**LINIMENT OF OIL AND LIME.**—Take of olive oil and lime water, each equal parts; mix them. This liniment is extremely useful in burns and scalds; efficacious in preventing inflammation after such accidents.

**CAMPHORATED OIL.**—Take of olive oil, two ounces; camphor, half an ounce; dissolve the camphor in the oil; good when applied to local pains, glandular swellings, and to the bowels in lympany.

**OPÖDELDOC.**—Take of the best hard soap, two ounces; camphor, one ounce; very strong spirits, one pint; mix the soap with the spirits, and let them stand in a moderate heat until the soap is dissolved, occasionally shaking the phial; then add the camphor, and continue to shake the vessel frequently, until the whole is dissolved. Useful in sprains, bruises, and in rheumatic pains. Good to disperse swellings, tumors, and the like.

**SULPHUR OINTMENT.**—Take of hog's lard, four parts; flour of sulphur, one part; to each pound of this ointment may be added, volatile oil of lemons, or oil of lavender, half a drachm. This is a certain remedy for the itch. A pound serves for four unctions. The pa-



tient should be rubbed four nights in succession, each time one fourth part of the body.

**ELIXIR ASTHMATIC.**—Take liquorice root, pounded fine, one pound ; common honey, one pound ; Benzoic acid, or flowers, half an ounce ; gum opium, half an ounce ; gum camphor, a third of an ounce ; oil of anise, two drachms ; common pearlash, half an ounce ; spirits, four quarts. To the liquorice, pounded fine, add the other ingredients. Take care to pulverize the opium. When prepared, it should be kept in a warm place eight or ten days, and bottled clear.

**TOOTHACHE PASTE.**—Take gum of opium, gum camphor, and spirits of turpentine, equal parts ; rub them into a paste, and put it in the hollow of the tooth.

**BALM GILEAD BUDS** bottled up in new rum are very healing to fresh wounds. Every family should have it.

**ELIXIR.**—Take of senna leaves, two ounces ; jalap powder, one ounce ; coriander seeds, a quarter of an ounce ; proof spirits, or brandy, three pints. Put all the ingredients into a bottle for four or five days, shaking frequently. Strain off the tincture, and add three ounces of powdered sugar candy. This medicine is calculated to remove obstructions in the bowels, in cholics, and other complaints where purging is required, especially when castor oil has not had the desired effect. The dose is two or three table spoonsful in a cup of chamomile tea or water.

**TURLINGTON'S BALSAM.**—Take balsam of Peru, and balsam tolu, each half an ounce ; gum florax, in tears, and gum guaiacum, each an ounce ; aloes and frankincense, two drachms. Let the gum be bruised, and put all the ingredients into a quart of rectified spirits of wine ; shake the bottle frequently. In eight days it is fit for use. This is indeed a most excellent medicine for fresh wounds, either for man or beast.

**SCOTCH PILLS.**—Dissolve two ounces of aloes with a small spoonful of sweet oil, and as much water in a kettle over a small fire. When of a proper consistency, make it into pills, with or without liquorice powder.

## FOOD FOR THE SICK.

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**MILK PORRIDGE.**—Take two table spoonsful of wheat flour, and beat it into a paste with cold water; pour this gradually into a quart of boiling water; season with salt and continue the boiling a few minutes; skim and pour in a teacupful of milk. This is better for the sick than when made rich with milk. It is strengthening to the stomach and may be given freely—the addition of pepper renders it still more beneficial. If the unbolted wheat meal can be obtained, it should be substituted for fine flour.

**BEEF TEA.**—Fill a quart bottle two-thirds full of warm water, and put into it half a pound of fresh lean beef, cut into thin slices; place the bottle into a kettle of boiling water, and let it remain for three quarters of an hour, when the liquid may be poured off, and more water added to extract the remaining strength of the meat. This tea, seasoned with pepper and salt, and given warm, is strengthening to a weak patient; and in the exhaustion attendant on bilious, scarlet or typhus fever, it may be used with great benefit.

**CHICKEN TEA.**—This made in the same way as the above, using only the lean part of the chicken. Season with pepper and salt. It is light, nourishing, and very useful for weak patients, but is not as beneficial as beef tea, especially in fevers.

**WINE WHEY.**—Put a pint of new milk into a vessel, over a fire; as soon as it begins to boil, put in two wineglassfuls of wine, and take the vessel off. The whey, which will separate from the curd, may be sweetened with loaf sugar, and flavored with any of the spices. This is a gentle stimulant, useful in debility, and recovery from long sickness.

**UNBOLTED WHEAT MEAL GRUEL.**—Take a table spoonful of the meal, and beat it into a paste with cold water; add salt, to the taste, and stir it slowly into a pint of boiling water; continue the boiling for four or five minutes, and skim. Milk may be added, if desirable, as in the directions for milk porridge. This is highly useful in dyspepsia, costiveness, and all cases of weak or languid state of the digestive organs.

**OAT MEAL GRUEL.**—Take three table spoonsful of oat meal, a quart of water, and a handful of raisins; simmer over a slow fire two or three hours, keeping the vessel covered. This is soothing to the bowels, and useful in diarrhœa and dysentery.

**INDIAN MEAL GRUEL.**—Boil a quart of water, and add a little salt; stir in two table spoonsful of the meal, as in making hasty pudding. Boil it fifteen or twenty minutes, and add any desirable quantity of milk. This gruel is not only good for the sick, but may be used instead of tea or coffee.

**SAGE GRUEL.**—Stir two table spoonsful of pearl sage into a pint of boiling water, and season with salt to suit the taste. Boil until it is converted into a thickish jelly, which will be in ten or fifteen minutes. This is soothing and grateful in irritation of the stomach and bowels.

**INDIAN TEA.**—Pour a pint of boiling water on a table spoonful of Indian meal. Add salt. When cool and settled it is transparent. It has a pleasant taste, and will remain in the stomach when other drinks are rejected.

**CRUST COFFEE.**—Toast two or three thin slices of unbolted wheat bread until they are brown and hard; put them into boiling water, with sugar and milk; continue the boiling a few minutes and it will be fit for use. This is a nourishing and delicious beverage, but rather too rich for the sick.

**RICE COFFEE.**—Burn rice as you do coffee, and reduce it to a powder; take a heaping teaspoonful of this, and add half a teacupful of boiling water; when set-

tled, pour off the coffee and sweeten with sugar. Used as a medicine, this is a dose for an infant. For an adult, a table spoonful of the powder may be added to a cup full of water. It is pleasant to the taste and somewhat astringent. It is beneficial in acidity of the stomach, and the bowel complaints of children, gradually diminishing the discharges and rendering them less green and sour. It is better to use a strong infusion of the coffee than to dilute it. Administer a large quantity.

**SLIPPERY ELM AND MILK.**—Beat a teaspoonful of powdered elm bark into a paste, with water, adding a little salt, and stir it into a pint of milk just beginning to boil. This is very useful in diarrhœa and bowel complaints of children. It affords a nourishing diet for infants, weaned from the breast, and renders them fat and healthy. If the infant is very young, the milk should be diluted with one third water.

**TAPIOCA JELLY.**—Pick the tapioca clean, soak it five or six hours in water, and spread it in a broad dish, pouring on water until it covers it an inch in depth.—Simmer over a slow fire until the jelly is formed. This contains a large amount of nutriment, and is very easy of digestion. It may be eaten with sugar and milk. If milk disagrees with the person it should be omitted.

**ARROW ROOT JELLY.**—This is made by mixing half a teacupful of arrow root in a teacupful of boiling water. Season with nutmeg and loaf sugar. This sits lightly on the stomach, and is very good for children. Half a table spoonful of cream, added to a teacupful of the jelly while hot, makes it much more acceptable to children who have been accustomed to milk.

**RICE JELLY.**—Take a quarter of a pound of ground rice, and double the quantity of loaf sugar; boil them in a suitable quantity of water, until the whole has acquired a proper consistence. The jelly may be eaten with sugar or milk.

**WHEAT JELLY.**—Take of wheat, any desirable quantity; soak it twelve hours in soft water, and boil it four hours, allowing the water to evaporate excepting enough

to form the wheat into a jelly. This may be eaten with sugar, or molasses, and is an invaluable article for the sick and convalescent. It is agreeable to the taste, does not oppress the stomach, and is very nourishing. It also serves to regulate the bowels, without possessing any of the objectionable properties of a purgative. Wheat thus prepared is very grateful to the taste, and is the most salutary and nourishing during convalescence.

**SLIPPERY ELM CUSTARD.**—Put a teaspoonful of slippery elm, two of loaf sugar, and a small portion of cinnamon into a teacup, and fill it nearly full of boiling water. Stir for four or five minutes, till a thick jelly is formed. Wine and a little nutmeg may be added, if desirable. This is good for consumptive people, and all persons in a weak condition of body.

**BLANC MANGE.**—Wash half an ounce of Irish moss in water as hot as the hand can bear, until it becomes slimy, and rinse it in water about blood heat; add the moss together with two lemon peels cut into thin slices, and a small portion of salt, to a quart of milk; put these ingredients over a slow fire, and stir constantly until the liquid becomes as thick as cream, taking care not to boil it; strain through a cloth, or seive, and pour it into moulds or cups to harden, previously dipping them into cold water. The blanc mange may be turned upon a plate, and eaten with sugar and milk. It may be made of water, instead of milk, and in this form is relished by many when the stomach is too irritable to bear other kinds of food.

## VALUABLE RECIPES, &c.

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**CEMENT.**—Take common wood ashes and salt, made into a paste with a little water. With this mixture, an aperture through which the fire or smoke penetrates, may be closed. Its effect is equally certain whether the stove be hot or cold.

**CEMENT FOR BROKEN GLASS OR CROCKERY.**—Take the white of an egg and very fine quick lime. A transparent cement may be made by dissolving isinglass in alcohol, and adding a portion of gum ammoniac.

**DURABLE WHITEWASH.**—To make whitewash durable, and prevent it from cracking, the water should be fully saturated with salt before the lime is put in.

**BLUE INK.**—Dissolve an ounce of gum arabic in a pint of water; in a part of this gum water grind a small quantity of prussian blue; you thus bring it to any depth of color you choose.

**RED INK.**—Take the gum water as above described; grind very fine three parts of vermilion with one of lake or carmine. Red ink may also be made by infusing half a pound of rasped Brazil wood for three days in a pint of vinegar—then strain, and add one ounce of gum arabic and one of alum.

**TO PRESERVE CHEESE.**—Cover them with paper, put on with paste, so as to keep out the air. In this way they may be kept free from insects for years—keep in a cool place.

**TO PRESERVE EGGS.**—Eggs will keep sound and wholesome for years, in lime water, prepared as follows: One pint of coarse salt, and one of unslacked lime to



a pail full of water. They should be kept in a cold place.

**APPROXIMATE LIQUID MEASUREMENT.**—A pint contains 16 ounces. A teacup contains a gill. A wine-glass contains 2 ounces. A table spoonful contains half an ounce. A teaspoonful contains 60 drops.

**APPROXIMATE DRY MEASURE.**—A table spoon contains 4 drachms, or half an ounce. A teaspoon contains 1 drachm, or sixty grains.

## ON THE NATURE AND CAUSE OF DISEASES.

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As there never was, and never will be, a disease without a cause, it should be our first study to find out that cause, and mitigate it as much as possible ; for it must be universally allowed that a preventive in all cases is better than a cure. Therefore, whatever light is thrown upon the cause, is doing more towards the total annihilation of disorders than physical skill can do by patching the diseases without making even a solitary trial to find out the cause. We often hear it remarked by aged people that when they were young it was a rare thing to hear of a person's having a fever, and more especially any of those chronic diseases which at the present day are so common among us.

The reason we generally hear ascribed for this great change of health is, that the country has been cleared up, and more inhabitants having settled in it, a change of climate has been produced, and that change is what makes people unhealthy. I do not pretend to say but what this statement carries along with it a small glimmering of truth, for more unhealthy the climate must be ; but the change of climate is not the original cause of all, or any part, of this difficulty.

I will endeavor to find another, and, I trust, more rational causé than the one before mentioned ; and that is, that our mode of living, and the treatment we give ourselves, is the original cause of the great change which has been produced, both in regard to our health and the health of the climate in which we live. In the first place, our diet is altogether different. Nothing can be made too rich for our palates, and thus, by stuffing and stimulating our digestive organs, we bring on a train of nervous disorders which were little known when the climate was considered healthy.

But still, I never knew a person to grow fat by starving, nor live any longer for stuffing; but whatever it takes to support our nature, that, nature ought to have for its support; and that kind of food which is the easiest digested and the most nourishing, prepared in such a manner as to need the least physic, must of course be the best for all those who are disordered. The nefarious practice of starving a person to cure a disorder, is like the story of an old man who was disturbed by the sound of a cricket in his chimney, and for the sake of killing the cricket tore down the chimney.

If one kind of food does not set well, try another; and by so doing, you will find that which will suit you the best, and then be sure not to alter it, on any account, until you have sufficiently recovered to eat any kind of food; which result you will undoubtedly arrive at after first making up your mind to prescribe for and practice on yourself.

In the next place, we suffer ourselves to be exposed to sudden changes of heat and cold, which the people of former times considered unhealthy. It is impossible for the climate to affect so sudden and so unhealthy a change on the system of a person, as is produced by leaving a tight room, where there is a stove, and perhaps steam from boiling water, and confined dead air, and going out when the weather is cold enough to make ice in a moment. But this is so fashionable a change that it is hardly considered possible for it to be unhealthy. I will suppose a place where people are obliged to pass, in going from one country to another, where there is a sudden change of air, but only half as great as the one above mentioned. Even our most robust men would think it more than their constitution was able to bear, to go through with so sudden a change. If a person should be taken suddenly ill after passing this dangerous place, every one would at once ascribe the cause of it to the sudden change of air which he had so lately met with; but if a person happens to be ill after leaving a room hot enough to melt him, and exposing himself to the most severe cold, no one knows the cause. We are all at our wit's end. What could have been the cause of this difficulty no one can tell; and finally, we content ourselves by saying that it was a dispensation of Providence which caused it, or else ascribe it to an unhealthy climate.

One other reason which I have mentioned is owing to our diet. Half of the diseases which we daily hear of, are owing to a deranged state of the stomach, and we are left to guess at the cause of this derangement. I will endeavor to show you, in as plain a manner as possible, the cause; and let each one remedy it for himself. It is caused in the same way as derangement in the head. By having too many kinds of study mingled together, the head gets so much confused and deranged by such a complication of studies that it cannot form a correct idea of any of them. And consequently, if the study is not abated, the derangement will grow more and more, until the mind is totally incapable of making any progress, even with the easiest study. I contend that mixing all sorts of food together in the stomach, is the true cause of its getting deranged. It cannot be otherwise, for here, perhaps, twenty kinds of food are taken into the stomach, all of them possessing different properties, and of course have a different effect on the system.

Plain and simple diet is what agrees with our natures, and as far as diet is concerned in promoting sound health, we shall be sure to enjoy it if we never put our digestive organs on a stretch beyond the bounds of nature. Some will say, if I did not eat I could not work; and bring a thousand excuses for stuffing and stimulating themselves to such a degree. But this argument weighs but a trifle: although, perhaps, a man would do more for a certain length of time by stuffing and stimulating, yet it must certainly be admitted that the greater the team, and the load on his carriage, the sooner it will need mending, or be forever worn out. It is precisely so with a human being. He may look well for a short time, notwithstanding stuffing and gormandizing. But he will then need repairing, which too often costs all he has earned. Besides he is obliged to drive a miserable carriage, which will frequently be out of order the remainder of his days.

It would certainly be a more prudent way of proceeding to stimulate less, and do a little less work; and, consequently, we should need less repairing, and wear twice as long; for, unlike a carriage, our constitutions frequently get as badly racked by those who undertake to repair our health, as they do by any other cause.

I will thus conclude:—

## AN INVOCATION.

THAT nice machine the human frame,  
O God, inspire my mind  
That I may understand the same,  
No more to Nature blind.

To thee, great God, to thee we look,  
For naught there is but thine ;  
A lesson teach—'tis Nature's book—  
To read it then incline.

All mortals here ope wide your eyes,  
And view all Nature's ways ;  
Thou art the great Physician wise,  
To thee be all the praise.

# DISEASES AND THEIR TREATMENT.

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## ASTHMA.

ASTHMA is characterized by difficulty of breathing; tightness across the breast, a short, dry cough, and a sense of approaching suffocation. These symptoms usually increase in violence during the night, and constitute what is termed an asthmatic fit. The difficulty of breathing subsides by degrees, and towards morning there is usually an expectoration of thick phlegm, which affords the patient great relief. A similar attack occurs the succeeding night, and thus the disease continues for one or two weeks, or perhaps for months.

### TREATMENT.

Nearly all that can be done for this disease is to give relief. Let the patient's feet be immersed in warm water, with a little ashes added to it; give of the tincture of ipecac or lobelia until it produces nausea without vomiting; then in about one hour give a tea spoonful of the physical powders. During the day give a powder made of soda, camphor and ipecac—one part each of ipecac and camphor, and two parts of soda, once in five hours. This treatment will give relief.

## BLEEDING AT THE LUNGS.

Bleeding at the lungs commences in some instances without any warning, but in others it is ushered in by premonitory symptoms, such as headache, difficulty of breathing, chilliness, lassitude, cough, flushing of the cheeks, palpitation of the heart, coldness of the extremities, and tightness across the breast. Among the causes of hemorrhage from the lungs, are sudden changes of atmosphere, violent exercise, lifting heavy



weights, blowing wind instruments, irritating substances inhaled into the lungs, and suppression of the monthly evacuations.

#### TREATMENT.

If the case is not urgent a cure may be effected by giving freely of composition tea, and placing heated stones wrapped in damp cloths at the feet and sides of the patient, in bed: As soon as perspiration ensues, and the circulation becomes equalized, the hemorrhage will cease. If the case is obstinate, make a powder of fine loaf salt and rosin, equal parts, and take a spoonful four or five times a day. A tea made of yarrow is very good in this complaint.

### BLEEDING AT THE NOSE.

Bleeding at the nose is most common in young people of a full habit, and is not dangerous except when the discharge is copious or long continued.

#### TREATMENT.

The treatment which was recommended in bleeding at the lungs, is equally applicable in this complaint.—Cold water upon the back of the neck is very good.

### INFLAMMATION OF THE BRAIN.

This disease generally attacks the middle aged. It is sometimes a primary disease, and at other times is produced by some other disease. It is occasioned by night watching, hard study, hard drinking, anger, grief, anxiety, and extreme perturbation of mind. The symptoms are extreme pain in the head, flushed countenance, a quickness of the temporal arteries, redness of the eyes, an aversion to the light, watchfulness and delirium.

#### TREATMENT.

No time should be lost in giving this disease a prompt and thorough treatment. As it is always attended with an uncommon flow of blood to the head, the first thing to be done will be to divert the blood from the head to the extremities, by soaking the feet in a weak lye, then rub them with a coarse towel, after which rub them with alcohol and cayenne. Put poultices upon the feet. Then give a thorough portion of physic, and if

the disease does not abate, repeat it often. Give warming drinks that will produce gentle perspiration. Bathe the head often with saleratus and water, to which add a little spirits. A drink may be made of equal parts of marsh mallows and queen of the meadow, and may be taken at pleasure—take four ounces of each.

## EAR INFLAMMATION.

The ear should be filled up with a piece of cotton. A drop or two of sweet almond, or olive oil, should be introduced. Fasting is very important if an abscess should form in the ear.

## MUMPS.

This is a swelling of the glands about the throat, which makes swallowing difficult. This disease is not attended with danger except the patient take cold, or the disease is translated to other parts.

### TREATMENT.

The patient should be directed to keep from taking cold. If the swelling be very severe put on a slippery elm poultice.

## QUINSY.

The first thing to be administered is an emetic. This will have a tendency to relax the whole system and the tonsils, and reduce the local as well as general inflammation. Take wormwood, hops and catnip, equal parts, put in a common teapot; pour in hot water and inhale the steam from the snout for fifteen or twenty minutes. Take one ounce of pulverized blood root; add one pint of vinegar and two ounces of honey; let the patient take a teaspoonful every half hour. Purgatives should be repeated, as they have a direct tendency to lessen the inflammation. After the inflammation has subsided, take one part of sumach berries and two parts of golden seal; make a strong gargle; add a small quantity of pulverized alum; with this let the throat be often gargled.

## HICCOUGH.

The hiccough is a spasmodic affection of the stomach and midriff. When it arises from the use of food

that is hard, a little salt and vinegar will stop them immediately.

## HEADACHE.

Headache proceeds sometimes from a foul stomach and costiveness, when it is termed the sick headache. The acrimonious humors have for a long time been bound up in the body, as will appear from a costive habit; the stomach is foul, and through sympathy affects the head; the pores are generally closed, and but very little moisture on the surface.

### TREATMENT.

Take a heaping teaspoonful of the physical powders, or about that quantity; the next day but one after, take a thorough emetic; then take every night a portion of the vegetable powders, and enough of the bilious pills to operate on the bowels—the number of pills left to the discretion of the patient; but take enough every night when you take the powders, to operate. Make a syrup of thoroughwort, and take half a wineglassful twice a day. When the headache proceeds from a determination of blood to the head, the feet should be soaked every other night in weak lye, and rubbed with spirits and cayenne. The vegetable powders and plysic should be taken. When the headache arises from nervous affections, more particularly, the patient should be directed to take nervines, such as skunk cabbage, valerian, Indian hemp, &c. The application of cold water to the head every morning, has sometimes cured the headache when every thing else had failed. Plasters worn on the bottoms of the feet are very good for this kind of headache.

## BOILS.

Boils are the effect of an effort of nature to rid herself of impurities in the system. The alterative syrup should be taken daily to cleanse the blood. If the boil is very painful, it may be relieved by steaming it over bitter herbs. A poultice made of roasted onions will assist in bringing it to a head; or a poultice made of the flour of slippery elm and flax-seed, equal parts, simmered in milk or water.

## AGUE IN THE FACE.

Take a portion of the vegetable powders, put a coat over the shoulders, sit before a fire, and apply a catnip poultice to the face. This will relieve quickly by changing them often; soak the feet in warm water, and after rubbing them dry, bathe them in strong camphor.

## THE TEETH.

Many highly recommended preparations for cleansing the teeth are before the public, but most of them, I believe to be injurious. Nothing is better to preserve the teeth, than to wash them every morning with cold water, rubbing them with the finger or a brush. If the gums are spongy, yellow dock root, pulverized, will be found good to rub the teeth and gums with. When tartar collects upon them it answers a better purpose than anything I have found.

## TO PREVENT THE TOOTHACHE.

Wash the mouth with cold water every morning, and rinse it after every meal. Rub the teeth often with tobacco ashes, or rub them with ashes of burnt bread.

## MEASLES.

The measles are known by the appearance of small eruptions, somewhat resembling flea-bites, over the face and body; but particularly, about the neck and breast, not tending to suppuration or to produce pus. Many of these spots soon run into each other, and form red streaks, and give the skin an inflammatory appearance, and produce a perceptible swelling in the face; each spot is a little above the surface. They are caused by infection being received into the system. In many respects this disease resembles the small pox, and the general course of treatment should be the same. In this case it is well to give a strong tea made of saffron and snake root, or mayweed. If there should appear to be inflammation on the lungs, or a bad cough, or the measles appear to strike in, an emetic should be administered, &c.

## CRAMP.

For cramp in the stomach take one or two teaspoons-

ful of hot drops, and a teaspoonful of hemlock essence in warm water. This will give relief; friction should be applied to the stomach, and the feet immersed in warm water;—put a mustard poultice on the feet.—For cramp in the feet and hands, rub thoroughly, and bathe with liniment.

## ITCH.

This is an eruption of the skin, which causes a constant inclination to scratch.

### TREATMENT.

Take flour of sulphur, half an ounce; lard, two ounces; melt the lard and stir in the sulphur. Bathe with the same often.

## NIGHTMARE.

This occurs during sleep, and is distinguished from dreams by a sense of weight upon the chest, from which the afflicted apprehend great danger, but have not power to get away from it. The patient should abstain from hearty suppers; and lying on the right side will oftentimes be sufficient to prevent it.

## SALT RHEUM.

There are different species of this disease, but all require about the same treatment.

### TREATMENT.

An ointment made of equal parts of lard and tar, simmered together, I have found to be very good. It should be spread on a piece of cotton cloth, and laid on the part at night, and may be taken off, if necessary, in the morning. An ointment made of yellow dock root and cream, is a very cooling ointment, and will give great relief. A syrup or beer to purify the blood, may be made of part or all of the following articles:—sarsaparilla, elder flowers, sassafras, black alder, winter-green, yellow dock roots, burdock roots or seeds, elecampane, dandelion, guaiacum shavings, and nettles. The patient may take daily equal parts of cream of tartar and sulphur, to keep the bowels open.

## A SETTLED DEAFNESS.

Take a red onion, and pick out the core ; fill up the place with oil of roasted almonds. Let it stand a night, then bruise and strain it. Drop three or four drops into the ear, morning and evening, and stop it with black wool.

## PALPITATION OF THE HEART.

This difficulty arises from the obstruction of usual evacuations, which is caused by cold.

### TREATMENT.

Take two pounds of heart's ease, two pounds of clover, quarter of a pound of common door-yard plantain, and two pounds each of white pine bark, slippery elm, and cammomile, all cut fine, and put into an iron vessel, with a gallon of water. Let this simmer over a slow fire until the strength is out of the herbs ; strain, and simmer again till quite thick. Add one pound of loaf sugar while warm. When cool add half a pint of best brandy to keep it from souring. Commence with a table spoonful, and increase the dose to half a wine-glassful every morning, on an empty stomach.

N. B. If the herbs be dry, take a less quantity for the syrup. Great care should be taken in this disease to keep the bowels open ; for this purpose take one or two of the laxative pills twice a week.

## DYSPEPSIA.

Dyspepsia is a derangement of the digestive functions, occasioning an interruption in the organs, or viscera, concerned in the process of digestion ; the immediate cause of which appears to be a diminished or increased quantity, or vitiated quality of the gastric juice, or secretion of bile.

### TREATMENT.

There is no disease, perhaps, that requires more strict attention to diet than the dyspepsia ; and, in general, the appetite of such patients will direct them what bread is proper to be used in preference to that made of flour, as the physical properties of meal is contained in the bran. Ripe fruit may be eaten, and the bowels regulated generally by the diet. Anti-dyspeptic pills may



be used occasionally. A tea made of bayberry leaves will be found an excellent remedy; it should be drank daily, and the vegetable powders taken with a little milk. By all means, administer the lobelia emetic. This emetic is particularly adapted to the cure of this disease, as it produces a change and action on the internal viscera, stimulating it to a healthy action, and producing all the good effects which is expected of the mercury without its evil effects. It may be argued that we use this emetic in every disease. The body should be rubbed every day with a flesh brush, and especially the stomach and bowels. Rubbing or kneading the bowels is attended with very beneficial effects. When dyspepsia is attended with nervous affections, nervines should occasionally be used. Particular attention should be paid to the feet, to keep them dry and warm. No exercise in this disease is so good as walking. Riding on horse-back and in a carriage occasionally is also serviceable. Dr. Beach recommends in this disease, a drink made of pulverized golden seal, one drachm; whitewood bark, two drachms; bitter root or Indian hemp, pulverized, one drachm; sweet Malaga wine, one quart. Add these articles, pulverized or bruised, to the wine, and let them stand a few days, when they are fit for use. Take from quarter to half a wineglassful three or four times a day. This creates an appetite and strengthens the system generally. Dyspepsia is caused, perhaps, the most often by intemperance in eating and drinking. The best rule that we can make in regard to eating, is to rise from the table with as good appetite as when we sat down; in regard to ardent spirits, let it alone before it is meddled with. Tea and coffee have a tendency to bring on dyspeptic habits, especially with sedentary persons. A simple tea made of ginger is sometimes very serviceable.

## BLEEDING AT THE LUNGS AND STOMACH.

The discharge of blood from the lungs is distinguished by a florid or red color mixed with a little frothy mucus substance; whereas, blood from the stomach is not so red, and generally is thrown up in large quantities, and sometimes mixed with the contents of the stomach. They both require the same course of treatment.

## TREATMENT.

The first thing to be observed is to equalize the circulation, and produce moderate perspiration. The feet should occasionally be soaked in weak lye, and afterwards rubbed with liniment. I have used the following prescription and succeeded in stopping the blood: Take an even teaspoonful of lobelia powders, and the same quantity of bayberry root, pulverized; to which may be added the same quantity of skunk cabbage; put all into a cup full of pennyroyal tea; add a teaspoonful of hot drops—take half at once, and the other half in the course of ten or fifteen minutes; let the patient take nothing more till he begins to vomit. Let him take some water gruel. Sometimes the patient will vomit soon—again, not under an hour; and at other times not at all. This course I have found to relieve a cough, and it has a tendency to equalize the circulation, relieve the crowded blood vessels, and cleanse the stomach, should there be clotted blood collected. Take the bugle tea for a drink. A spoonful of yellow dock, pulverized, put into a tea cup filled with milk boiling hot, and sweetened, after adding a little cayenne, taken on going to bed, I have used with decided benefit. The yellow dock is a little too cold of itself, and requires, in all cases, something a little stimulating with it. The dock may also be taken occasionally in the morning, an hour before getting up; and if it should seem to agree with the patient, he may take it every morning. If this should not keep the bowels sufficiently open, give gentle purgatives or physic. I have pursued the same course where the patient had the consumption and a cough, with decided good results. The diet should be light and cool;—baked apples and milk are very proper in this difficulty. Give three or four pills a day, made of white pine turpentine. The dyspeptic bitters and alterative syrup may be taken.

## BEER TO PREVENT BILIOUS FEVER.

Take elder roots, burdock roots, spruce boughs, white ash bark, sarsaparilla roots, hops and spikenard. Make small beer of this, and drink it often. Take powdered blood root and mandrake roots, mixed together, equal parts, once a quarter, for physic, and you will seldom, if ever, have an attack of the bilious fever.

## SCROFULA, OR KING'S EVIL.

In scrofula, there is great derangement of the stomach and bowels, and the whole system is more or less affected. Small movable tumors or kernels are felt under the skin, in various parts of the body, and particularly along the neck. The upper lip and the sides of the nose are swollen. In children of a scrofulous habit, sores and scaly eruptions are often observed about the face and behind the ears. It is asserted that this disease is principally confined to those with a delicate skin, and light hair and eyes, but there does not appear to be an adequate foundation for this opinion.

### TREATMENT.

This disease continues frequently for years before an apparent cure is effected. One kind of medicine should not be pursued for any great length of time.—The food should be nutritious;—solid food is better than less concentrated; avoid greasy substances. If proud flesh should make its appearance, rub it over occasionally with lunar caustic. Salts may be taken occasionally in small doses. Let the patient drink two or three wineglasses full of alterative syrup, every day, made strong. I have found this to be an excellent remedy. If the part should swell, a poultice may be made of wakerobin or Indian turnep; add slippery elm and apply the poultice cold; let it remain till it is dry, then renew it; let it be continued till the swelling subsides or breaks, then apply a poultice of yellow or narrow dock root and slippery elm. After this, apply a poultice made of slippery elm, one part; bayberry bark, pulverized fine, one part; crackers, one part. Where there is a swelling, with or without pain, or an indolent tumor, a poultice of poke root, or the berries, is recommended. Take common tar, and boil it down hard enough to form it into pills; these have a tendency to purify the blood; take four every day. Avoid all greasy food; let it be nutritious; let the patient eat beef steak once a day, at least.

## FELON AND WHITLOW.

A felon has its seat in the periosteum or membrane which covers the bones, and usually makes its appearance about the finger joints. A whitlow is similar to a

felon, but is not so deeply seated. It is formed under the skin, but does not extend to the bone; is situated at the root of the finger, and familiarly termed a run-round.

#### TREATMENT.

Felons and whitlows are both very painful, inasmuch as the skin does not readily yield to the swelling. It is necessary, therefore, to give vent to the pus. For this purpose make a poultice of strong lime and soft soap; apply it to the felon, and change the poultice once in twenty minutes. It will entirely destroy the felon. Soon after, apply the adhesive plaster. To prevent a run-round from spreading, cut the flesh a little beyond it, and it will go no farther.

### INFLAMMATION OF THE LUNGS.

This disease is always attended with danger, particularly if the patient be advanced in age, and has a flat breast, lives high, and drinks strong liquor. In this disease, breathing is performed with difficulty, great oppression of the breath, pulse quick, pain is increased by coughing and taking too long breath; cause—an obstructed perspiration, cold, wet clothes, &c. In this disease as well as the pleurisy, the food ought to be exceedingly light. A syrup made of comfrey root, little vinegar, salt and sugar, or a flax seed tea. Take two ounces of pearl barley, a little slippery elm and salt, and let the patient sup occasionally, and frequently it will give nourishment and alleviate a cough. The bowels should be kept open by gentle physic, or clysters. The yellow dock is one of the best medicines in this case; it will keep the bowels open, while the patient gains strength; from one to two tumblers full of the strong decoction, or tea, may be taken through the day. The feet should occasionally be soaked in weak lye, and rubbed dry; afterwards, bathe with the elixir, or spirits and cayenne. Take equal quantities of the vegetable powders and yellow dock, pulverized fine; let it be well mixed. The patient may take a spoonful every other night. The vapor bath will occasionally be found useful. Be careful to give warming drink while under the operation of the bath. Take double tansy, hoarhound and wormwood, equal parts; divest it of the large stalks; steep these in a large coffee pot,

and inhale the steam from the snout. If it be too hot, place a long tube at the snout and inhale through it. Perspiration should by all means be promoted, as it tends to reduce all internal inflammation. An emetic should occasionally be given—say a teaspoonful of lobelia, and half a teaspoonful of skunk cabbage; if this dose does not produce vomiting in an hour, give the same quantity again. Indian meal gruel will be found an excellent regimen in this disease, as well as in all others. In order to make this gruel good, it should be boiled and skimmed half an hour after the thickening is put in.

### TIC DOLOREUX.

Tic doloureux consists of a severe and darting pain along the course of the nerves in various parts of the body, but chiefly in the face. The sensation is felt in the forehead, temples, cheeks, mouth, lips, tongue, and ball of the eye, according to the particular nerve which is affected. The same kind of pain is felt in the upper and lower extremities, and in the internal organs, such as the bladder, stomach, bowels and womb. It occurs in paroxysms of longer or shorter duration, and sometimes makes its attack with the suddenness of an electric shock. In some instances the disease continues for many years. The part affected is tender to the touch, and sometimes there is a twitching or convulsive action of the adjacent muscles.

#### TREATMENT.

In tic doloureux there is generally more or less disorder of the digestive organs, and hence, the stomach should be cleansed with an emetic, followed by the use of the nerve powder, especially on going to bed. In chronic cases, it is advisable to administer a few courses of medicine. The affected parts should be bathed frequently with the strongest tincture of cayenne, and if this does not afford relief, a cloth or flannel moistened with the tincture may be applied, together with a heated stone wrapped in a damp cloth. Particular attention must be paid to the bowels, using enemas, or some other appropriate remedy, if they are confined. Lobelia pills, or an infusion of scullcap will be found, ministered to the extent of producing perspiration, to afford relief in many instances. The stimulating liniment is a valuable external application.



## PLEURISY.

The true pleurisy is an inflammation of the pleura, which lines the inside of the breast. It proceeds from the same cause as the inflammation of the lungs—that which obstructs perspiration. It should be treated the same as the inflammation of the lungs, only in a much more prompt manner; in the first place a thorough emetic should be given, and extra means taken to produce copious perspiration, such as hot stones, quenched in vinegar, wrapped in cloths and applied to different parts of the body, especially to the feet and side. As soon as the operation of the emetic is over, give a thorough portion of physic, say a heaping teaspoonful of rhubarb, and the same quantity of physical powders. If the inflammation does not subside, put on the cups, and take away blood from as many as half a dozen places, from a gill to half a pint, and more if necessary. This is perhaps the most efficient course of reducing the inflammation; but in weakly habits, blood-letting, particularly from the veins, weakens the system. In bleeding, from the same effect, we prefer to attack the disease rather than the constitution. If this should not relieve the inflammation, take tansy, hoarhound and wormwood, equal parts; wet it through with vinegar; heat and apply it as the patient can bear. If after the urgent symptoms are relieved, there should be uneasiness and difficulty, give a teaspoon of Indian hemp root in molasses three times a day, till the difficulty is removed. The pleurisy root should be drank in tea occasionally from the beginning. Large poultices of onions, on the feet, have a powerful tendency to alleviate inflammation, and to produce perspiration. They should be applied in this case and exchanged often. A poultice of rye meal and vinegar, with a great spoonful of mustard seed, pulverized, sprinkled on the surface, may occasionally be exchanged for the onions.—The side may occasionally be bathed with weak lye, from the commencement of treating this disease. Take spirits and cayenne, wet a flannel three or four thicknesses; lay it on the side, and apply a hot brick; this will give quick relief.

## CROUP.

Children are most subject to this disease, which is



most prevalent in cold, wet seasons, and generally attacks the person at night. It is attended with coughs and some fever; breathing is performed with difficulty, and attended with a peculiar kind of croaking, or quackling, or rattling noise. These symptoms show immediate attention to be necessary. The feet should be immediately placed in warm water, to which add ashes and salt; give an injection; place the child in a warm bath, as soon as it may be prepared; then give an emetic, half lobelia and half blood root. There is not much difficulty in the first stage of it; in the second stage, a cure is uncertain; and in the last stage, is never cured. This emetic should be followed up at every spasm. The best application that can be made to the throat, is a sponge filled with hot water—when cold, fill again. With the lobelia and blood root emetic, equal parts, given in pennyroyal tea, I have succeeded in giving decided relief. Care should be taken from the beginning to keep the bowels open, putting onion poultices on the feet, and changing them every two hours. Take pig's feet oil, skunk's grease, or goose oil, and lubricate or bathe the throat, scattering the surface all over with common Scotch snuff; let it remain till it is done drawing. Mustard poultices may be placed between the shoulders. A teaspoonful of either of the above oils or the grease may occasionally be given.—Expectorants, such as are used in coughs, may be used to advantage. In some instances, the patient dies in twenty-four hours; but not usually sooner than forty-eight. Take the juice of a lemon, loaf sugar, and slippery elm; make it palatable, and it will be good to relieve the cough, and help to raise the phlegm. If taken in season, this disease will give way without all this formula. Inhaling the steam of vinegar is by some recommended. In giving the lobelia and blood root emetic, take a teaspoonful of each; put it into a teacupful of tea or warm water; sweeten with loaf sugar; let it stand awhile, then strain through a cloth a number of times to get out the strength; give to a child two or three years old, two teaspoonsful once in ten minutes, till vomiting is produced.

## BURNS AND SCALDS.

The best thing that I know of in this case is fine salt and alcohol; bathe the part constantly until relieved.

If the burn be deep, make a poultice of sweet oil and the flour of slippery elm ; this has performed wonderful cures in very desperate cases. If slippery elm is not at hand, make a paste of flour and water ; cover a cloth over with it ; when dry put on another coat ; by all means, keep the burn from the air.

## FAINTING.

In this complaint there is a diminished action of all the functions of the body, accompanied with a death-like paleness. The patient, in this difficulty, should be laid on his back or side, with the arms extended ; the extremities should be rubbed with spirits, using a woolen cloth or flesh brush ; a little cold water may be thrown in the face ; volatile salts should be applied to the nose and a warm stone or brick to the feet. A flannel wet with spirits, may be put on the pit of the stomach.

## APPOPLEXY.

This disease is a sudden loss of sense or motion, during which, the patient is apparently dead ; the breast and lungs, however, still continue to move. Though this disease often proves fatal, it may sometimes be removed, with proper care. It chiefly attacks sedentary persons of a gross habit, who use a rich and plentiful diet, and indulge in strong liquors. People in the decline of life are most subject to this disease. The great object should be to equalize the circulation, and cause the blood to recede from the brain ; in order to invite it into the extremities, the feet should be immersed in warm water ; and after soaking a while, rub them thoroughly with flannel ; afterwards bathe with the liniment of African cayenne steeped in alcohol, and applied hot. Take half a pint of strong catnip tea ; put in a heaping teaspoonful of lobelia, half a pint of milk, a wineglassful of sweet oil, a gill of molasses, and a teaspoonful of fine salt. Mix, and introduce with a syringe. This will have a tendency to relieve the head, and answer the purpose of evacuating the bowels. Hot bricks wet with vinegar should be kept at the feet, and a poke root poultice or mustard seed and rye meal should be applied to the bottoms of the feet. The bowels should be kept open.

## PIN WORMS.

Those troubled with pin worms will here find the cure. Take the tops and blows of Canada thistles; boil them in spring water until the strength is out; strain off the liquor, and simmer it down until it becomes quite thick; add the same quantity of molasses you have of syrup; give for a dose, a wineglassful for an adult, and repeat every hour until it operates, which will clear the patient of these troublesome creatures.

## WEAK STOMACH.

Take saffron, spikenard roots, chamomile, rose leaves, pink leaves, and lovage; boil these together in a quart of water; strain it off, and add half a pint of brandy, and one pound of loaf sugar. This is the best syrup known for a weak stomach.

## CANKER IN THE MOUTH.

Take the scrapings of blackberry brier root, a few sumach berries, a little saffron and sage, and some gold thread; put with these a little alum, vinegar and honey; simmer on hot ashes or a stove, after adding a little water. Wet the mouth often—it seldom fails of a cure.

## JAUNDICE.

This disease is first observable in the white of the eye, which appears yellow; afterwards the whole skin puts on a yellow appearance. The urine is of a saffron hue, and dyes a white cloth the same color if put into it. There is also a species of this disease called the black jaundice. The cause of this disease is an obstruction of the ducts which convey the bile into its proper place, and is therefore thrown into the circulation.

### TREATMENT.

The course I pursue is, first, to give a portion of the vegetable powders; heat stones by the fire, quench them in vinegar, wrap them up in cloths, and put one at the feet, and a number around the patient, in bed; in about three quarters of an hour commence giving the lobelia emetic. Give one, two or three portions as you find it necessary. It is very desirable to produce copious perspiration. This course should be pursued

once or twice a week till a cure is effected. Give the vegetable powders every night on going to bed. Much depends on keeping the bowels open; the physical powders should occasionally be taken, and also a teaspoonful of rhubarb. If the patient be weak and debilitated, and has but little appetite, a teacupful of English barley and slippery elm should be taken. It may be drank at liberty. The emetic will produce a healthy action upon the liver, remove the obstructions in the ducts, and throw the bile into its proper channel. If there be roughness in the mouth and throat, take one part of blood root, one part of slippery elm, and add hot water, molasses, salt and vinegar; take a teaspoonful occasionally. Where the case is not of long standing, one emetic I have found sufficient; but in other cases it will be found necessary to repeat it. A tea made of wormwood is very good; also equal parts of the bark of bayberry. Bayberry may be used for a tea. The spiced bitters will be a proper medicine after the emetic.

## INFLAMMATION OF THE EYE.

Inflammation of the eye is produced by various causes, as blows, bruises, and the like. It may also proceed from dust, lime, or particles of matter coming in contact with the eye. It may also be caused by drying up of old sores, seatons, &c. It is often produced by humours, and by the hair of the eye-lashes being turned in and injuring the eye. It is sometimes epidemic. It is often produced by hard drinking, and sometimes handed down from one generation to another from a venereal taint—a very poor inheritance. When it proceeds from a scrofulous habit, alterative remedies should be used to remove the scrofula from the eye, as it will create constant inflammation, so long as it remains.

### TREATMENT.

If the patient should feel as though there was any foreign substance in the eye, take the mucilage of slippery elm, and drop it into the inner corner of the eye; This will be likely to take out any matter that does not stick fast. If the eye should be very much swollen, put on over the eye a poultice made of the flour of slippery elm, mixed up with milk. If there be pain or inflammation about the eye, bathe it with the compound

elixir. If sore eyes be of long standing, the hygean pills (the bilious will answer the same purpose if the hygean are not at hand,) should be taken every morning for three mornings, one at a time. The next three mornings, take a teaspoonful or two of lobelia tincture ; follow this course until a cure is produced. Washing the eyes in cold water is often attended with good effect. The pith of the young twigs of sassafras, immersed in rose water, makes an excellent eye water. Weak eyes are sometimes produced by a retention of acrimonious humors in the system, that were not properly physiced off after some contagious disease, as the measles, or small pox.

### TEETHING.

Arbuthnot states that about a tenth part of the infants die in teething, by symptoms proceeding from the irritations of the tender, nervous part of the jaws, occasioning inflammation, fever, convulsions, gangrene, &c. These symptoms are owing in a great measure to the great delicacy and exquisite sensibility of the nervous system at this time of life, which is too often increased by an effeminate education. Hence it comes to pass that children who are delicately brought up, always suffer the most in teething ; and often, fall by convulsive disorders. About the sixth or seventh month the teeth begin to make their appearance ; first the incisors, or fore teeth ; next, the canine, or dog teeth ; and lastly, the molars, or grinders. About the seventh year, there comes a new set ; and about the twentieth, the two inner grinders, called *dentes sapientiæ*, or the wisdom teeth. Children, about the time of cutting their teeth salivate much, and have generally a looseness. When the teething is difficult, especially when the dog teeth begin to make their way through the gums, the child has startings in his sleep, tremors of the gums, watching, gripes, green stools, thrush, fever, difficult breathing and convulsions. Difficult teething requires nearly the same treatment as an inflammatory disease. If the body be bound, it must be opened either by emollient clysters, or gentle purgatives, as senna, manna, rhubarb, oil, &c. The food should be light, and taken in small quantities ; the drink plentiful, but weak, and diluting, as infusions of balm, catnip flowers, &c., to which add a third or fourth part of milk.



## STOMACH AND LIVER COUGHS.

Causes—the midriff or diaphragm, that is, the broad, fleshy partition which separates the lungs and the heart from the liver and the stomach, and which moves upwards and downwards every time we breathe, is always in every case one of the chief agents in producing cough. When we consider, therefore, how many disorders of the stomach and liver there are which would cause this irritation, we cannot be surprised at the frequency of stomach and liver coughs, nor at their being often mistaken, even by those who ought to know better, for consumptive and asthmatic coughs; and patients have therefore been thrown into dangerous and groundless alarms. One of the most common remedies for stomach cough is the same as that recommended for nervous indigestion; for as soon as this is cured the cough will, to a certainty, disappear. Another and no less troublesome variety of stomach cough arises when the lower portion of the stomach feels tender, sore, or painful to the touch, when the finger is pressed upon the part, which is a spot about the size of a shilling, at the bend of the ribs on the right side. Distinguishing signs.—Medical men, in order to discover the cause of a dry cough, make the sufferer draw in a full breath, observing minutely whether it excites cough, or pain in any part. If the pain be seated in the lungs, the cough is then determined to be consumptive or catarrhal; but if it produce a sharp pain under the ribs, on the right side, extending towards the back across the stomach, then it is determined that the liver or stomach is diseased. In coughs arising primarily from the lungs, the skin is generally clear and well colored; whereas, in the bilious derangement, the skin is harsh and dry, and almost always tinged with yellow. In liver or stomach cough, the breathing, though hurried in the evening, on account of the accession of fever and the accumulation of phlegm, is not like that in consumption. The stools also in consumption are usually healthy, whilst in liver complaints they are uniformly unnatural in consistence, color or smell. Remedies.—As this sort of cough is only a symptom of disordered liver or stomach, we must refer for the mode of cure to those complaints. For immediate relief of the cough, if it is hacking and troublesome, nothing will be more ef-



fectual than the warm bath, or the other prescriptions for coughs, &c.

### ST. ANTHONY'S FIRE, OR ERYSIPELAS.

This disease attacks persons at any period of life; but is most common with those between thirty and forty. It often attacks young people, and pregnant women; and such as have once been afflicted with it are most liable to have it again. Every part of the body is liable to be attacked with the erysipelas; but it most frequently attacks the legs and face, especially the latter. It is most common in autumn, or when hot weather is succeeded by cold and wet. Causes—violent passions, or affections of mind—those which produce internal inflammation or an acrid humor, heats and colds, or obstructions of any customary evacuations, sudden exposure to cold when the body has been greatly heated, drinking to excess, &c. Symptoms.—The St. Anthony's fire attacks with a shivering, thirst, loss of strength, pain in the head and back, heat, restlessness and delirium. On the third or fourth day, the part swells, becomes red, and small pustules appear, at which time the fever generally abates. When it seizes the foot, the contiguous parts swell, the skin shines, and if the pain be violent it will ascend the leg, and will not bear to be touched. When it attacks the face, it swells, appears red, and the skin is covered with small pustules filled with clear water; one or both eyes are generally closed with a swelling; there is also inflammation of the throat, and difficulty of breathing and swallowing. If the mouth and nostrils be dry, and the patient drowsy, there is reason to suspect an inflammation of the brain. This disease is seldom dangerous; but when the constitution is bad, the legs will swell to a prodigious size, and the cure proves difficult.

#### TREATMENT.

The patient should be kept within doors; should take such drinks as will produce moderate perspiration; the bowels should be kept constantly open by very gentle physic, or injections; if the pulse be low, the patient should be supported by cordials. When the disease affects the face and head, soak the feet in warm water; apply onion or mustard seed poultices to the feet to divert it from the head. The patient should not

be suffered to be costive. If the stomach be foul, administer an emetic—a remedy which I have used with great success. Take blood root, and lobelia, equal parts; put this into alcohol and bathe the inflamed part three or four times a day; also, apply a plaster above the inflamed part, if on the limbs, which will prevent it from spreading any farther; make a strong wash of the bark of dog mackimus, and add spirits to the liquid; bathe with this often. Take a dose of the composition before bathing to keep it from the stomach.

### CANKER IN CHILDREN.

Children and infants are apt to be troubled with little sore spots or eruptions about the mouth, and it usually extends from the stomach to the end of the bowels. The child should take a tea every day made of sumach berries, raspberry leaves, bayberry bark, and hemlock bark; a part of these, or all of them, may be made into a tea, just as is convenient. This tea should be drank daily by the child, if it be weaned; if not, it should be drank by the mother. The spots in the infant's mouth should be frequently bathed by means of a swab dipped in a little salt petre water. Give a portion of the physical powders occasionally.

### RUPTURE.

When the bowels come down, the child should be laid on its back, the parts relaxed with warm water, then gently pressed into their place. Make a strong decoction of white oak bark and hemlock bark; boil it down to one gill, and add half a gill of best brandy; the parts should be frequently bathed with it, and a bandage should be worn round the body, with an extra thickness next to the part affected. The same treatment should be pursued in falling down of the bowels on going to stool.

### RICKETS.

This disease is generally caused by diseased parents, want of cleanliness, proper exercise, suitable nourishment and sufficient warmth. It is, perhaps, brought on oftener than an other way by laying, hour after hour, in their own water. As this disease is mostly brought on through the negligence and carelessness of mothers, it

is obvious that a contrary course on their part is the only remedy. The child should be rubbed all over frequently, with the warm hand of its mother. The food should be nourishing. If the child is nursing a feeble, sickly nurse, it should be weaned, or placed with one that is healthy. The child should frequently be dipped all over in cold water, and wrapped up warm, and warm tea given. Every mother ought, if possible, to nurse her own offspring. She is a monster and not a mother who feels above performing this kind office for her child. In some cases, however, it is highly improper, both for mother and child.

### CHOLIC.

Children are frequently subject to pain in the bowels, after they are two or three years old; in this case, the mother should give two or three teaspoonsful of mustard seed, not pounded, mixed in molasses.

### WORMS, BRUISES, &c.

Children should be allowed to eat raw onions, and they should be occasionally cooked for them; they are good against worms. Some children are subject to a slight wheezing for a day or two without interruption, accompanied with a hoarseness, but without fever; tincture of lobelia and gentle physic should be given without delay, as above directed. It should be remembered that the above symptoms precede the croup, and that disease is rarely cured except in the first stages of it; and the above directions are first to be followed, together with soaking the feet, use of warm bath, poultices on the feet, &c. Children are much subject to falls and bruises as soon as they begin to go alone; the best thing that I have found, is immediately to apply cold water to the bruise; it is a certain preventive against the blood settling.

### RHEUMATISM.

Rheumatism is generally produced by the influence of cold, and consequently is most prevalent when the weather is damp and variable. It commences with chilliness, followed by flushes of heat, and a quick, strong pulse, which varies from one hundred and twen-

ty to one hundred and forty beats in a minute. The pain is very acute, and mostly confined to the larger joints. The parts are frequently red, swollen, inflamed, and extremely tender to the touch. The skin is hot and dry, the appetite impaired, the thirst excessive, the urine scanty and high colored, and the tongue covered with a white, or brown coat. The bowels are generally costive. Sometimes there is headache and redness of eyes, and in some instances a vomiting of bilious matter. The muscles about the ribs are occasionally affected, so that the patient imagines himself to be laboring under an attack of pleurisy. The pains are sometimes fixed, and at another, change within twenty-four hours; and if the disease is improperly treated, they are not unfrequently transferred to the vital organs, such as the heart, brain, stomach, bladder, and womb, producing serious and even fatal consequences. Causes—sudden transitions from heat to cold, and the use of ardent spirits. I have cured slight rheumatism with the rheumatic plaster; if the pain move, put on another plaster where the pain is present; if this does not cure, soak the feet at night just before going to bed, rub them thoroughly with flannel, and bathe them with elixir; put on a plaster of poke root, and take a portion of vegetable powders, and eight or ten of the hygean or vegetable pills. Repeat this course every night. Bathe the part where the pain is present with the Harlaem oil. I find this article to be very efficacious. The patient should be careful not to expose himself to take cold under the operation of medicine.

I subjoin the prescription of Rev. Herschel Foster: Take two ounces of dry garget root, and a quarter of an ounce of prickly ash bark, well pulverized together. Put the powder, thus prepared, into a quart of spirit—cider brandy is best, but new rum will answer;—after standing a few hours, it will be ready for use. A man will usually bear half a wineglassful two or three times a day, but should begin with less. When the medicine is about half used up, add one pint more of spirit and drink as before. This is thought better than to put all the spirit in at once. The effect of this medicine is to produce a quick and powerful rush of the blood through the system, pressing its way through those passages which have been obstructed. The patient will feel some disagreeable sensations, such as prickling of the

blood, increase of pain, and sometimes faintness, but when the blood is once set in motion so as to produce these effects, a permanent cure may be expected if the patient perseveres in using the medicine. It should be taken from fifteen to thirty minutes after eating. Having been cured of the rheumatism myself by this medicine, and having administered it to many others with almost invariable success for about fourteen years past, I have the fullest confidence in recommending it to the public.

### DIABETES.

Make a strong decoction of the stinging nettle, and drink freely. This will, in most cases, effectually cure. The patient should likewise take one or two portions of hygean pills, and afterwards a decoction of the bark of thorn. If this should not have the desired effect, take spruce gum, infuse in spirits, and drink moderately of the same. This I have never known to fail.

### CANCER.

Take the ashes of the bark of red oak, and apply to the cancer till it is eaten out. Then make a plaster of tar to cleanse and heal the sore.

### WASH FOR A FRETTING SORE.

Take one part of plantain water, and two parts of the brine of powdered beef, boiled together and clarified. It is a most sure remedy to heal all spreading scabs, or itch on the head and body, all manner of tetters, ringworms, shingles, and all other running and fretting sores.

### TO CURE BURNS WITHOUT A SCAR.

Take the roots of white pond lillies and roast them with hog's lard, to the consistency of a poultice, and bind on the wound with a linen bandage. It is a good remedy for scald head; also, to unite sinews when they are cut.

## CONCLUSION.

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The writer of this little book hopes it will not be deemed inconsistent with the nature of this book to offer a few words, by way of advice, to those who are troubled with indigestion, especially as it is a disorder very common among mankind.

Any experienced dairy woman can tell you what degree of the thermometer the heat of the milk should be, when the rennet is put in, in order to have it work right, and make good cheese. She will also tell you, that if the milk is cold, it will not work at all, or that yeast will not cause bread to rise unless it is kept warm; this the good lady has learned by experience. So nature teaches us that food cannot be well digested, when the stomach is cold and inactive; and the warmer it is kept the surer it will be to do its office to whatever is taken into it. Therefore, in all such cases, a person so troubled will find it for their interest and health to use considerable cayenne, or mustard, or any thing of a warming nature, on all the food they eat; and instead of cold water, use ginger tea or any other kind which will assist in keeping up the natural heat of the stomach; for when it is too cold, neither food or medicine can have its due effect on the system. This can be easily proved, for where cathartics cannot be made to operate by any other means, one cup of strong ginger tea will cause it to produce the desired effect in a very short time; this is sufficient to prove that the stomach, being too cold, is the sole cause of food and medicine not having the desired effect on the system.



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Salt Rheum,	49	To Preserve Eggs,	38
Sarsaparilla,	18	To Prevent Toothache,	48
Sassafras,	11	Toothache,	27
Scotch Pills,	33	Toothache Paste,	33
Scrofula or King's Evil,	53	Turlington's Balsam,	33
Scullcap,	14	Turnep,	19
Seneca Snake Root,	10	Unbolted Wheat Gruel,	35
Senna,	21	Uva Ursi,	23
Skunk Cabbage,	16	Vervain,	23
Slippery Elm,	7	Violet—the Blows,	4
Slippery Elm and Milk,	36	Virginia Snake Root,	9
Slippery Elm Custard,	37	Volatile Liniment,	32
Snake's Head, or Brook		Wakerobin,	21
Aloes,	16	Wash for Fretting	
Snake Root,	18	Sores,	67
Soap,	18	Water Cress,	22
Spikenard,	8	Weak Stomach,	59
Spleen Wort, or Rock		Wheat Jelly,	36
Polypod,	17	White Solomon's Seal,	9
St. Anthony's Fire, or		White Oak,	10
Erysipelas,	63	White Pine,	12
Strengthening Pills,	31	Whortleberry,	23
Strawberry,	10	Wild Cherry,	14

Wine,	30	Wormwood,	14
Wine Bitters,	29	Worms,	65
Wine Whey,	34	Yarrow,	19
Wintergreen,	13	Yeast Poultice,	31
Wood Sorrel,	5	Yellow Dock,	12

